

Half Guard Pass - No Gi

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Half Guard Pass - No Gi



1. In this situation, I am in Brian's Half Guard - to begin my Pass, I bring my right foot close to his butt. I also control him by putting my left arm under his neck and cup his bicep - this is important so that he does not roll up onto me during step #2.



2. Once my position is secure, I slide my left leg on his body as shown - almost lying side by side with him.



3. I use my right arm to open his legs and 'cradle' him. If I spread my right leg back and tighten my arms, it will cause pain.



4. I switch my base to release my right leg. Now I am out.

Techniques demonstrated by Gene Simco and Brian McLaughlin. Photography by Heather Terkelsen. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:23 PDT 2002.

BJJ.ORG

Last updated 06/14/02

[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Half-Guard Escape

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Romero "Jacaré" Cavalcanti.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Half-Guard Escape



Beginning in the half-guard position, Jacaré, seen on top, places his thumb deep inside the collar of his opponent.



He then positions his shoulders to put the opponent's back on the floor again.



Next, Jacare positions his hips side-ways to block his opponent's legs from coming underneath.



He puts himself close and tight with his arm inside his opponent's arm and his hips blocking the opponents legs.



The trapped leg is pulled close to the hips of the opponent.



Once the trapped leg is close, Jacare then moves to push the opponent down.



He then works to bring his knee on the opposite side into the arm pit of his opponent bringing the opponent's hips to the side with his trapped leg that is close to the hips.



Now Jacare has his opponent close and tight to him. His opposite leg is in the opponent's armpit and his trapped leg is close to the hips. He is pressing the opponent downward with his bodyweight and his arm wrapped around the neck of the opponent.



Next, Jacare places his hand in the hip of the opponent and pushes outward with his elbow against the opponent's leg close to the knee.



As he pushes outward with the elbow, Jacare then begins to bring his knee over the leg of the opponent.



As Jacare tries to place his knee on the floor, the opponent many times will try to push his leg back, so, Jacare comes underneath his opponent's arm and pushes upwards towards the opponent's head.



Once he pushes his arm up, Jacare starts to put pressure on the opponent as he brings his leg forward more.



If needed, Jacare will use his free leg to help release the trapped foot by hooking the opposite leg and pulling outward.



Once the foot is free, Jacare is then mounted on his opponent and able to move on to various armlocks and chokes. If this was a street fight, he could begin to punch the opponent.

Kimura

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Gene "Aranha" Simco.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Kimura



1. In this situation, I have my opponent in the north/south position.



2. I control his arm as shown, grabbing his left arm with my right hand, coming under his arm with my left and grabbing my own wrist.



3. I finish by bringing his arm to a 90 degree angle and twisting to the right as shown to put pressure on his shoulder.

Techniques demonstrated by Gene Simco and Wally Sasse. Photography by Dave Karchmer. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:29 PDT 2002.

BJJ.ORG

Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Head Scissor from Armbar

*A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen*

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael positions himself to attack with the downward shoulder wrench or straight arm bar. Sensing that his opponent is beginning to defend his arms, Michael chooses to alter his attack.



2. Falling to his right side, Michael shoots his right leg under his opponent's head. Making sure to position his opponent's neck directly between his knees, Michael crosses his ankles and straightens his legs to exert pressure on the neck.

NOTE: Michael maintains control of the arm and will attack with a downward wrist flex should the head scissors fail.



3. Michael triangles his legs, squeezes his knees together and pulls his heels into his butt.



4. To finalize, Michael posts with his right hand and sits toward his left heel. **NOTE:** This is an extremely powerful technique and great care should be used in practice to avoid dislocating the jaw or fracturing teeth. The power of this technique comes from the body weight sitting on his jaw rather than just leg strength.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:57 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Vale Tudo

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Gene "Aranha" Simco.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Vale Tudo



1. Notice how I control his right arm with my legs so he can not escape easily or strike from the bottom. While his arm is trapped, he cannot defend punches to the face with that hand, this can be devastating and actually end the fight by itself, but I will count on him being skilled and strong.



2. He uses his left hand to defend, this gives me the opening I was looking for and I take it.



3. I press his left wrist to the floor with my left hand, keeping my right arm under his left.



4. I switch my base and go for the shoulder lock.

Techniques demonstrated by Gene Simco and Rob Constance. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:54 PDT 2002.

BJJ.ORG

Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armlock from Modified Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael has his opponent in the modified scarf hold.



2. Controlling his opponent's right tricep, Michael slides his right leg back while moving his left leg over the opponent's head.



3. Planting his foot on the left side of the opponent's neck, Michael arches his hips forward while pushing the opponent's right arm backward with his left tricep.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:01 PDT 2002.

BJJ.ORG

Last updated 06/16/02

[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Shoulder Wrench & Reverse Triangle from Modified Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places his opponent in the modified scarf hold. Grabbing his right wrist, Michael forces his opponent's arm down toward his leg.



2. Michael securely traps his opponent's right wrist in the crook of his right knee.



3. Triangling his legs together, Michael can finalize by shifting his hips and leg back.



4. If the opponent is able to prevent or escape the upward shoulder wrench, Michael guides his arm downward...



5. ...throws his left leg over his opponent's head...



6. ...and completes a reverse triangle.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:59 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Scarf Hold to Knee Lock

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael establishes the "scarf hold" position on his opponent.



2. The opponent pulls his elbow to the floor and "hips-out" to begin his escape. Sensing that he is about to lose his position, Michael places his foot against the inside of his opponent's right thigh...



3. ...holds the leg with his left hand and adjusts his position to maintain close hip to hip contact.



4. Michael then crosses his ankles, squeezes his knees together and controls his opponent's heel. To finalize, he arches to exert pressure against the knee joint.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:02 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Wristlock and Shoulder Wrenches from Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe places Michael in the scarf hold.



2. Keeping his left elbow tight to his body to trap Michael's wrist, Joe places his palm under Michael's elbow and lifts it upward to apply a shoulder wrench.



*Close Up



3. Continuing from the first technique, Joe feels Michael's hand escaping from underneath his arm.



4. Trapping Michael's hand, Joe controls the back of Michael's elbow while leaning forward slightly to apply a wrist lock.



5. If Michael manages to escape, Joe grips Michael's wrist to maintain control of the arm...



6. ...Keeping the arm bent, Joe drives Michael's hand to the floor and hooks it with his right leg.



7. Triangling his legs together, Joe shifts his hips backwards or lifts Michael's head to apply a shoulder wrench.

Armbar and Choke from Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. As Joe forces Michael's arm downward, Mike is able to straighten it to avoid the shoulder wrench.



2. Joe assists Michael in straightening his arm and steps over it with his left leg.



3. Applying downward pressure with the inside of his left leg, Joe leans his body weight forward to control Michael's right shoulder and applies a straight arm bar.



4. As a follow-up Joe applies a choke by reaching under Michael's chin and grabbing his right bicep with his left hand.



5. ...while gripping Michael's gi with his right hand, Joe leans his weight forward to finalize the choke.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:06 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Knee mount - armbar

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Cesar Gracie

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. Controlling your opponents head and arm, attempt to mount using your knee. (Note the trapping of opponents outside arm with your other leg. This is crucial.)



2. Your opponent uses his left arm to defend the mount.



3. Pull out your right arm and hold your opponent's wrist firmly to his hip.



4. Throw your right leg over his arm.



5. Move your right leg close to his head. Grab your ankle with your left hand for added tightness.



6. Lean forward placing your right hand on the ground close to his hip. Secure his right arm by wrapping it with your left. Keep using your left elbow to lock his right arm to your side.





7. Your hip will then rotate towards your right. (Move will not work without proper hip rotation.) Throw your left leg over his head and push your hip forward to finish the hold.



This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:38:57 PDT 2002.

BJJ.ORG

Last updated 06/18/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Side Mount Choke to Armbar Combination

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Luis "Sucuri" Togno

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Professor Luis "Sucuri" Togno attempts a basic choke from the side mount position, by sliding his right arm underneath "Snake's" right shoulder and grabbing inside the gi collar with a four fingers inside grip. Sucuri also grabs "Snake's" left gi collar with a thumb inside grip with his left hand.

Notice how

snake is already starting to defend the choke by blocking the elbow



Sucuri would apply the choke by dropping his left elbow to the ground, while he stabilizes Snake's gi collar using his right hand. Snake blocks the choke by preventing Sucuri's elbow from coming to the ground.



When Snake blocks the choke, Sucuri changes the grip that he has with his right hand by moving the hold from the gi collar down to Snake's bicep.



while
controlling
the bicep
Sucuri then
starts to
bring his
other elbow
to the
ground...

.....as the
elbow goes
to the
ground
Sucuri is
then able to
bring Snakes
arm across
his body...
note that
your elbow
plays a
major part in
your base so
you don't get



rolled over

Sucuri
"switches"
his hips
keeping his
weight down
on Snake's
neck as he
prepares to
step
underneath
his right leg
with his left
leg.



As the arm is
being
trapped you
bring your
left knee into
his
shoulder....
never letting
go of the GI
collar nor the
arm and
always
keeping your
head low
and your
body weight
on your
opponent



Detail:
Notice that
Sucuri's
Knee is tight
up against
Snake's side
just under
his arm pit



Next Sucuri
prepares to



take his right knee to Snake's right shoulder, keeping Snake's right arm trapped.



Sucuri has Snake's right arm trapped. Sucuri's bottom knee is press tight against Snake's side underneath his right shoulder. Sucuri's top knee is pressed down on the top of Snake's right shoulder. Notice that Sucuri has maintained his grip on Snake's left gi collar throughout

the move.

To finish the armbar you just squeeze your knees and elbow while you lean back

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 17:40:50 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Side mount, choke, armbar (BJJ)

***A Technique from Brazilian Jiu-Jitsu
Courtesy Erin Toughill (erintoughill.com)***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

1

Erin has
side
mount on
opponent.





2

Arm
around
head
secures
neck
lapel
other
arm
goes
between
legs and
cups
bottom
thigh.

3

Erin
turns
opponent
on her
side.





Erin removes arm
from between
opponent's thighs.

She helps pass top
lapel to the
bottom hand that
is around
opponent's neck.

5

Erin now has a
tight grip around
opponent's neck.

She then secures the choke further by going under opponent's arm and grabbing her own lapel.



6

Erin's shin then comes up and is placed directly behind opponent's neck.



7

Other shin comes

up.

(Erin is holding
herself up, not
sitting on her butt
yet.)



8

Erin *then* sits back.

Erin pulls the lapel around opponents neck towards her while shin is pushing against her neck the other way.



9

This puts a *very*

tight choke on
opponent.

Erin can also
transition to an
arm bar!



This information was originally published on erintoughill.com, and is reproduced on BJJ.Org with express permission.

Page downloaded on Tue Nov 11 2003.

*Last updated 11/25/03
[Webmaster](#)*

*Donations to BJJ.Org via
Amazon or PayPal
gratefully accepted*

BJJ.ORG

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armbar Defense Counter

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Opponent defends Michael's armbar attempt by clasping his hands together and...



2. ..."hips out" while attempting to drive his elbow to the ground.



3. To counter, Michael posts out with his left arm and removes the left leg from the opponent's face.



4. Keeping his weight centered on the opponent's upper torso, Michael slides his hip across the opponent's chest.



5. Michael re-establishes his armbar position and begins to break down the opponent's defenses.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:07 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Shoulder Wrench to Armlock Combination

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael pins his opponent's left arm to the ground and attempts to secure the upward shoulder wrench. The opponent counters his attempt by grabbing his left wrist and pulling inward.



2. Michael shifts into the side mount position and secures his opponent's right arm by grabbing his trap. **NOTE:** Make sure the rear knee is high next to the head and body weight is maintained over the opponents pinned hand.



3. Michael swings his left leg over his opponent's head and sits back for straight arm bar.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:52 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Leg Crucifix (from Mount, with Gi)

***A Technique from Brazilian Jiu-Jitsu
By Craig Wallace***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

1

If your opponent extends his right arm while you are in the mount, ...



2

Use your left hand to push his right elbow across your



chest.
Keep
the tip
of his
elbow in
the
center
of your
chest
and
hold it
down
by
applying
your
body
weight
to it.

3

Keeping
your
body
weight
on his
right
elbow,
slide
your
left arm
under
his
head
and
secure
his
right
wrist
with
your
left
hand.



4

With his arm held in place across his own neck, put the palm of your right hand on his right elbow. Once you achieve this position it will be easy to turn him onto his left side by pulling with your left hand and pushing with your right.



5

Now that he's laying on his left side reach down with your right hand and hook his left elbow while still maintaining the grip with your left. Then hug yourself to him and roll backwards from your left shoulder blade to your right pulling him with your arms.



6

As you roll back maintain control of his upper body and swing your left leg around his waist placing your foot hook as shown.



7

While maintaining the grip with your left hand, slide your right hand down from his left elbow to his left wrist. Then, push his left arm down and to his left which will open a hole large enough to place your foot in as shown.



8

Push your left foot all the way to



the floor.
You will
notice that
his left
arm is
beginning
to
straighten.

9

Once his left arm is pinned to the ground by your left leg, hook his right arm with your right arm and release your left hand grip. Then hug his arm tight and lay backwards, positioning your body perpendicular to his and straightening his arm.



10



Place your right foot on his right hip and lift your lower back off of the ground. All your weight should be on your right foot and your left shoulder.

11

Shift your hips away to position you so you're laying on your left side. As you make this transition, throw your leg over his head with

the back
of your
right knee
on the
crown of
his head.



12

To finish
simply
move
your left
leg
backwards
in a
scissor
motion to
force his
head to
roll
forward
towards
his own
hips.

This
crucifix
with the



legs is a kind of neck break, tearing the trapezius muscles in the upper back and neck.

This information is reproduced on BJJ.Org with the express permission of Craig Wallace.

BJJ.ORG

Last updated 12/30/03
[Webmaster](#)

*Donations to BJJ.Org via
Amazon or PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Basic Leg on Shoulder Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Having uncrossed his opponent's ankles, Michael pins the right leg to the ground.



2. Reaching underneath his opponent's left leg, Michael grips the back of the opponent's neck and drives his weight forward while keeping his hips down and head up.



3. Keeping the weight on his opponent's upper chest and hamstring, Michael walks around to the side.



4. Michael pushes his chest forward to clear the leg and establishes side control.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:44 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable

Far Knee Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael attempts the basic leg on shoulder pass, however, his opponent pushes on his hip to stop the pass.



2. So, Michael places his outside leg through the center and clears his left leg.



3. Michael grabs behind his opponent's neck with his left arm while holding the tricep or belt line with his right hand.



4. Pivoting off his right knee, Michael establishes side control.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:46 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable


Near Knee Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. After opening the legs, Michael gets his opponent's leg on his shoulder and inserts his left knee through the center.



2. Grabbing behind his opponent's neck with his left hand while holding the belt line with his right, Michael clears his right leg.



3. Once his right leg is cleared, the left hook is removed and side control is established.

Open Guard Pass 1

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

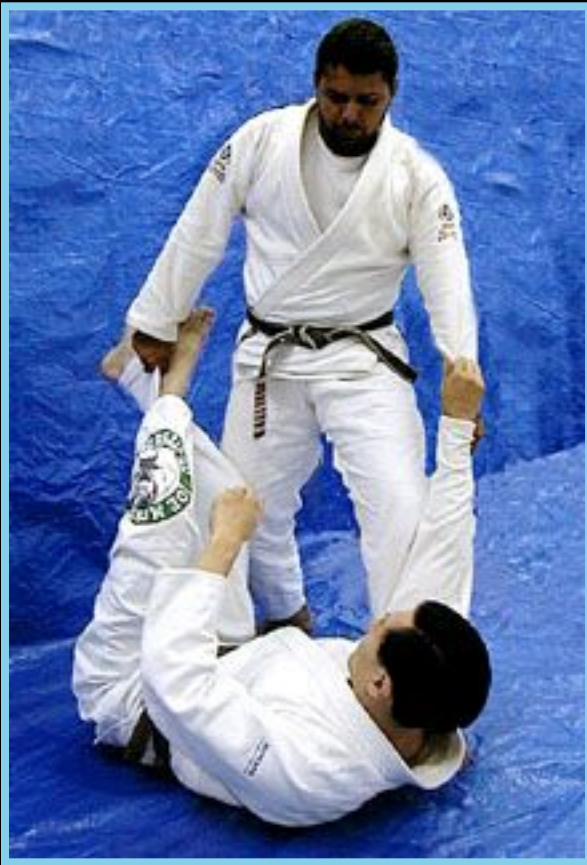
*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard.



2. Joe grips Michael's right sleeve with his left hand while reaching under Michael's left leg to grip the pant leg with his right hand.



3. Stepping backwards toward his right rear corner, Joe straightens his body and pivots Michael to clear his legs.



4. Joe steps forward with his left foot and assumes the knee on stomach position to finalize the pass.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:48 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Open Guard Pass 2

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard.



2. Joe places his left hand on the floor near Michael's right knee while pushing downward with his right hand on Michael's pant leg.



3. Placing his right shoulder firmly in Michael's stomach, Joe hops over Michael's legs while maintaining control of Michael's left knee with his right hand.



4. Joe establishes side control by placing his left knee just below Michael's hip and encircles Michael's upper torso with his right hand.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:50 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Open Guard Pass 3

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard. Joe grips Michael's pants below the knees.



2. Joe places his left shoulder on Michael's lower stomach and shifts slightly to his left while driving Michael's legs to the floor.



3. Joe maintains downward pressure on Michael's legs and flips over his head to Michael's left side.



4. Joe establishes side control by passing his left leg under his right leg while pivoting on his left side.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:51 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Footlock

The footlock that Rodrigo Cumprido used to defeat Roleta.

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [319K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The initial position is the spider guard. Andres is using the spider guard, very similar to Roleta's guard. Cláudio is on top, trying to pass, with the intention of finishing the fight.



Cláudio, with a quick and precise movement, passes his leg through the legs of Andres, while at the same time turning his back toward Andres. It is important to pay attention to Cláudio's grip, which is holding the collar of Andres with his left hand, to maintain his balance and to avoid giving Andres the chance to suddenly escape his hips.



Cláudio, with a quick and precise movement, totally releases his grip, and he seizes the foot of Andres, beginning a mata leão on Andres's foot.



At the same time that he grasps the foot and begins the mata leão, Cláudio was putting pressure toward Andres, to ensure that Andres doesn't move under him and sweep him.



With the lock in place, it is best for Cláudio to pull as hard as he can away from Andres (not pressing the foot hard, but stretching Andres's leg out so that it is straight at the knee), stretching his upper body so that Andres cannot bend the knee and take the top position. This position is very efficient, and you should take great care when applying it, mainly during training. A good example of the use of this technique was when executed by Rodrigo "Cumprido" Medeiros used it to tap out Roleta in the first 20 seconds of the fight, where he won the World title for the Alliance team and the

title of Absolute Black Belt Champion. It is a good position. Be very careful when using it during training. This technique contains a lot of leverage and it is very easy to injure your partner. Train it a lot.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:39:15 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Crossed Knee Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



This position starts with your opponent (opp) doing the seated guard (butterfly guard), trying to sweep you with the hand on your belt.



First thing to do is to balance your body, moving your opp back to the ground.



After putting his back close to or on the ground, release one of his hooks (the left foot in this case).



Put your knee inside his guard, crossing it to the ground and at the same time you are going to put your hand under your opp arm - clinch your opp. This arm is the opposite arm that your knee is crossed. In this case, Cláudio's right knee is crossed over Andres's right leg, so Cláudio uses his right arm under Andres's left arm.



Here is a detailed picture showing the next Step.



Hold the opp's collar or the sleeve with the hand that is at the same side of the knee that is crossed (left hand in this case) and keep crossing the knee until your leg is totally out your opp's guard



Put your head below your opp's chin. With that you will make your opp forget about his guard and he will allow your leg to escape from his guard and at the same time with your head under his chin it will keep him from moving his hips out.



Just another angle/view of the last step.



If you did everything right you are now at the side mount. Now adjust the Immobilization.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:18:28 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Escape from the Triangle 1

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [500K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Start of the position.
The triangle is done.
If you can avoid this position it is better because to escape it is very tough if the guy knows how to apply the triangle.



First get a grip with the hand that is inside the triangle on the pants on the knee (see photo) , and try to look above to relieve the triangle pressure and put some weight on your opponent leg that is opposite to your arm that is inside the triangle. Do not release the knee grip and weight on his leg untill his leg is on the



floor.

With the hand that is outside the triangle make another grip on the knee (see photo) and put your weight with your hips on your opponent hips looking up and use the grips you have done to push the leg you are holding out. You have to do all the movements together to try to open the triangle.



If you do everything in the previous step you will be able to relieve the Triangle pressure and the triangle will open.

After the triangle is open, your arm will still be inside your opponent's legs, so



there is a risk that your opponent try to do an armlock and even put you in a new triangle.



Retract your inside arm, hiding your elbow and make a grip on the pants (see photo). Your elbow must be closed or he will try to pull your arm to his guard again.



With the other hand (that is not doing the grip on the pants) hold the opponents collar at the "belly-button" and close your elbow next to your body. This will avoid that your opponent turns in all fours. With the grip done and the elbow closed start bending his body to the floor (see photo). This will make you pass his

guard.



Transfer the grip that was in his pants to the waist (see photo) and put your leg up putting your knee under his hips (see photo) and keep bending his body.



Transfer the collar grip at the belly button to the collar next to his neck and adjust the immobilization. If the opponents refuses to give you the guard pass you can use the grip on the collar next to his neck and try to choke him.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:52:59 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [788K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



GT (guy on top) will pass the guard of GB (guy on bottom). GT takes a grip in the top of the hip, and the other on the gi near the top of the chest of GB.



GT in base
(if you
don't have
your base,
don't stand
up) will
stand up
and

the grip on



the chest
will move
to the top
and inside
of the
opponent's
knee

...pushing



down on
the
opponent's
knee to
break the
guard



He will
push the
knee to the
floor,



and slide
his other
hand
underneath
the
opposite
leg of GB,
while
dropping
to one
knee (the
same side
as the
hand that
goes under
the leg).



Then GT will get a grip on the collar of the gi with the hand that wrapped under the leg to keep GB from rolling to all fours.



GT will then close his elbow on the hand that has the grip on the collar, lower his hips, and switch his other grip from the knee to the opposite arm of GB.



Just the details.



The final position should be like this. Remember to use your knee to avoid the hood of the opponent. See the video to see the technique in action.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 19:49:06 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Guard Pass 2

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [219K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Initial position :
Spider Guard with the
opponent dominating
one sleeve and with
his foot on the biceps
and doing the grip on
the other arm sleeve.





First you must do a lateral grip on the end of the pants of the opponent on the outside - see photo detail. (Note if you do the grip on the front or inside or in the back the position will not work well.)



You must release the other grip (not the biceps) turning your hands out and turning your wrist out and up. (See photo.)



Keep turning your wrist out and now you will be able to hold your opponent's shin with your hand (see photo) and with that you will be able to release the opponents grip and keep your hand on his shin.



With the grip on his shin, push his shin down to the floor.



With his other leg on the floor move your leg away (the leg opposite of the one of the opponent's foot on your biceps).



At the same time that you move away your leg throw the other leg (the one that is with the foot on your biceps) to the floor using the side grip you have done at the beginning.



You must be in this position if you did everything well. Now weigh your hips on him.



After weighing on him, change the grips. The grip that was doing the side grip will be exchanged by the hand that was free. Keep pushing his legs down to the floor. If you leave any space he will put you again in his guard. The grip that was doing the side grip will now be put under the opponent's head.



Adjust the
imobilization.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:15:36 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Summersault Guard Pass

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Relson Gracie and Jay Dennis

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Relson
Gracie is in
Jay
Dennis's
guard



Relson
Gracie
stands to
break Jay's
guard.



Relson
repositions
his hands
to control
Jay's legs.
Holding
Jay's
knees,
Relson
presses
Jays legs
down to the
ground.



Relson
presses his
head down
onto Jay's
stomach



Relson
pushes off
with his
feet and
jumps over
Jay. Relson
maintains
control of
Jay's legs
as he goes
over



As Relson lands he "bridges" his hips.



As soon as his feet touch the ground, Relson takes his right leg over rotating to side mount position. He maintains pressure with his head on Jay's stomach and continues to control Jay's legs.



Relson
secures the
side mount
position.



Relson
switches his
grip with
his right
arm to
control
Jay's left
shoulder.
Relson's
left hand
lifts up on
Jay's right
shoulder.



Relson
"switches"
his legs by
sitting
through
with his
right leg,
this lifts
Jay's right
shoulder
and puts
Relson in a
position for
an arm bar.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:51:12 PDT 2002.

BJJ.ORG

*Last updated 10/11/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Passing the Dela Riva Guard and Finishing with the Clock Choke

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Luis "Sucuri" Togno

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Professor Luis "Sucuri" Togno stands in David's guard and David wraps his leg around the outside of Sucuri's right leg and hooks his foot into the inside of the thigh. Here, David holds Sucuri's right gi sleeve with a double handed grip. Sucuri grabs David's gi pants and presses his knuckles into

the shin.



Alternate Grip: One handed grip on the sleeve and the other hand grabs behind the ankle.

Sucuri makes sure he has established a good base.

He drops his right elbow down to the inside of his knee. He grabs



David's gi pants and as he steps back with his left leg to remove David's foot from the hip, his hand takes David's foot to the floor eliminating one leg.



As Sucuri steps back with his free leg, he immediately grabs the pants leg of David's "hooking" foot.



Roll by
taking your
shoulder to
the floor
near his hip.

Sucuri



makes sure to maintain his hold on David's gi sleeve and also to hook David's leg as he rolls.



As soon as the roll is completed, Sucuri continues his momentum to control the back position.



As soon as Sucuri establishes the back control he reaches under both of David's arms and grabs both gi lapels and establishes a very tight control.



Sucuri opens his elbows out wide to slide David's arms up towards his head to open a space between his elbows and his knees.



Once Sucuri has this opening established, he slides his knee in. He has his other leg posted out wide for base.



Sucuri drives into David to lift his arm so that he can slide his leg underneath.



Sucuri then hooks David's arm to trap it, preventing any defense from this arm.



Sucuri then slides his hand underneath David's throat.



You can control the position with the choking hand grabbing the gi collar and the other hand securing the arm or the gi lapel.



Sucuri is now in position to perform the "Clock Choke". He has his left hand secured tight into David's gi collar.



Sucuri moves his chest up over the top of David's head and presses his weight down onto it. He places his head on the floor and sprawls his feet out for base and to maintain all of his weight down onto David's head.



Sucuri begins tightening the choke by "walking" around by passing his right leg underneath his left leg.



Sucuri continues to tighten the choke by continuing his "walk" around by stepping back over his right leg with his left. He will continue "walking" around David's head like this until the choke is tightened up enough to gain the submission.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 17:31:44 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!
amazon honor system [Learn more.](#)



Rear Naked Choke

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places his head on his opponent's left shoulder and reaches around with his right arm. Michael then grabs his own shoulder as far back and as close to his own neck as possible.

2. Michael then touches his elbows together and, with his palm facing himself, places his left hand behind his opponent's head grabbing his right



shoulder. **Important Point:** Grabbing the bicep and placing the other hand behind the head can make an opponent submit, however, it requires slightly more strength, allows more room for counters to occur, and increases the chance of injuring the opponent's throat with your forearm.



3. Once the arms are in place, Michael makes his hands into a fist, flexes the muscles in his arms, squeezes his elbows together, pulls his elbows into his chest, and contracts his upper back muscles.

NOTE: When executed properly, this method of applying the choke can be done over your opponent's jaw even when he dips his chin down to protect his neck. He will submit as the choke will crush his jaw.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:09 PDT 2002.



Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Back choke - clock choke

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Cesar Gracie***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. You have trouble finishing a back lapel choke.



2. Allow your opponent to escape towards the same side as your choke hand.



3. Switch your base as he escapes. Go to your knees.





4. Switch your base again towards his head. Make sure to put your knee over his shoulder.



5. Finish with a clock choke.

This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:39:54 PDT 2002.

BJJ.ORG

Last updated 06/18/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Back Sequence

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Back Sequence



1. In this frame I (Gene) have already taken my opponent's (Joe) back. I have one arm under his arm, and one arm over his shoulder. He is creating downward pressure on my left arm, so I can not put my hand behind his head to complete the most basic choke from this position. So I have chosen to grab both of his collars (as shown) with one hand just below another, my right hand touching his neck & NO SLACK on the collar around the back of the neck.

*note - My 'hooks' are in, and my ankles ARE NOT CROSSED.

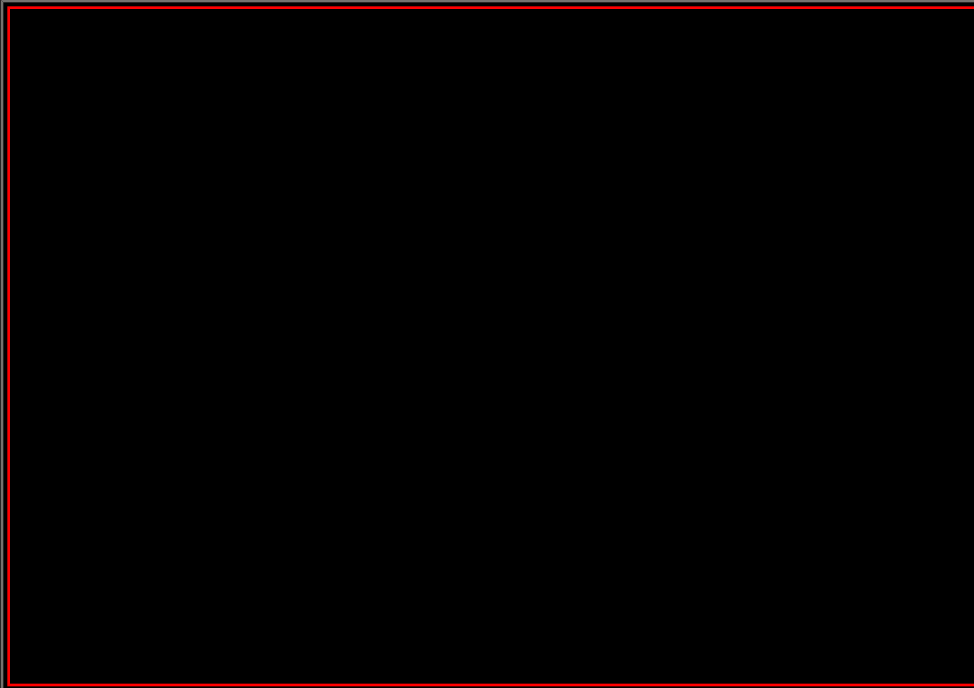
** In Sport Jiu-jitsu the act of 'taking the back' with the hooks in is worth 4 points.



2. To create enough pressure on his neck to complete a choke. I make the 'wring the towel' move with my arms, turning my wrists out, and straightening my arms as I lean back.



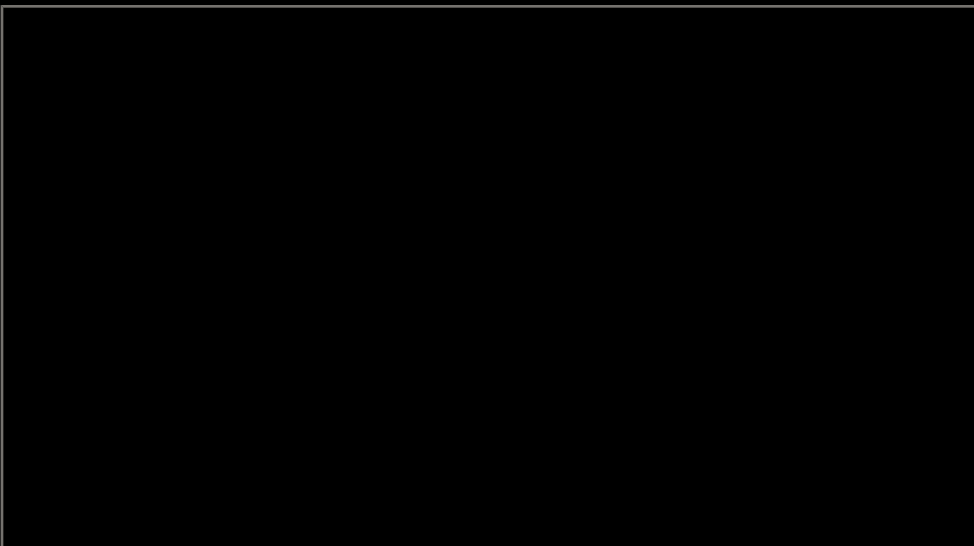
3. In this next frame, Joe has removed my left hand from his collar, and trapped my arm under his arm pit.



4. I trap his arm with my left leg, keeping my foot tight to his body & on the floor.



5. Now I can push on the back of his head (or neck - there is more leverage at times on the top of the head), as I pull my right hand to the right to complete another choke.



6. Here is that same choke from the other side. Here I am creating the pressure by sliding my hand down my wrist into the back of his neck. The detail that is hard to see in this frame is that I



am getting leverage by turning my left wrist. As soon as my left pinky is tight against his neck, I turn my palm toward his neck. This turning of the wrist and straightening of the arm will create a great deal of pressure without using a lot of strength.

Techniques demonstrated by Gene Simco and Rich Hill. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Wed Jun 26 17:47:53 PDT 2002.

BJJ.ORG

Last updated 06/26/02

[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Mount Escape

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Mount Escape



1. To Escape the mounted position, keep both elbows and use your 'escaping movement'.



2 & 3. Slide your legs under his & make space with your hips until your legs are out.



2 & 3. Slide your legs under his & make space with your hips until your legs are out.



4. Once out, you may use your guard as shown

Techniques demonstrated by Gene Simco and Wally Sasse. Photography by Dave Karchmer. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:43:46 PDT 2002.

BJJ.ORG

Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Foot Lift Variation of Elbow-Knee Mount Escape

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael attempts a basic elbow knee escape, but finds it difficult to pull his knee through.



2. Straightening his left leg back, Michael clears enough space to hook his right instep under his opponent's leg.



3. In one motion, Michael lifts his opponent's leg as he pushes it downward with his hand or elbow and slides his left knee up.



4. Shifting his hip to the left, Michael hooks his opponent's right leg, places his forearm across the opponent's neck and pulls his right knee through.



*Alternate View



5. Michael finishes by putting his opponent in his closed guard.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:53 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Foot Drag Variation of Elbow-Knee Mount Escape

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael attempts the foot lift, but the opponent's foot maintains close contact with his leg preventing Michael from getting underneath it. To counter this action, Michael places his right leg on the outside of his opponent's leg.



2. Pulling with his right heel, Michael drags his opponent's leg inward and squeezes his knees together.



3. Shifting his hips to the left, Michael traps his opponent's foot and places his forearm across the opponent's neck. (To prevent the opponent from collapsing down on him.)



4. Now Michael completes the elbow knee escape by pushing on his opponent's knee with his left hand and pulling his knee through.



5. Michael finishes by putting his opponent in his closed guard.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:55 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Escape from the mount 1

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [474K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The initial position is the conventional mount, without the hooks. Your opponent is mounted on you, a very bad position for the one on bottom. There are many ways to escape the mount, and in this sequence we will show one of them, that is very basic, but very efficient if done well.



The first thing you must remember, is to defend your neck from a possible attack. The opponent who is to be set up will try to apply a hold to finish you or possibly move. Taking advantage of that situation, the person on bottom should dominate the crossed arm, using both hands



and holding firmly.

In this photo, you can see the details of the grip, which can vary a little depending on the preferences. Cláudio is holding in this manner, but he could have placed one hand on the end of the sleeve and the other closer to the shoulder. The grip has a purpose, which has to be learned, but each person has his own style and should adapt the grip.



With the grip secured and firm, we go to the next step. You should pull down on the opponent until your elbow is near the ground, then push (without releasing the grip) the opponent's knee down with the elbow, straightening his leg out and pushing the knee towards your feet.



Here, Andres's stretched leg can be seen. During this movement, it is important to maintain a tight, good grip, and be persistent with the position. It can sometimes seem difficult, but keep practicing and in due time, it becomes much easier.



With Andres's leg stretched, and the firm grip maintained, the next step is to make a hook on the opponent's stretched leg. With that hook, you will be removing his last support for the last movement.



With the hook in, and a very firm grip, bridge your hips up leaving only your feet and shoulders touching the ground. The bridge should be done diagonally, towards the shoulder on the same side as the hook. This will offbalance the opponent forward and to the side and the same time. The more explosive you make



the bridge, the easier the reversal.

During the bridge, it is very important that you scissor your legs correctly, because it will give you more base in case the opponent tries to get back to the mount.



Finally, after all the steps above, you should drop in the opponent's guard. Sometimes you may end up in half guard if the opponent tries to resist the roll. This varies depending on the situation, but in general, you will end up in your opponent's guard. The position is not worth any points nor any advantages. It is a very effective position, yet few people actually use it in competition. If well done, it will get you out from under the mount many times. It is important to execute the technique quickly. The faster and more precise, the better. Train it and

Escape from the mount 2

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***



Video: [AVI](#) [535K] of the technique.



*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The initial position is the mount with hooks. Your opponent is mounted on you, a very bad position for the one on the bottom. There are many ways to escape the mount, and here, we will show another escape that is used a lot and very efficient, if it is done well.

In this position, a lot of times the opponent will try to tap you with a choke or he will try to dominate your arm to get the armlock. You will want him to try to choke you in order for you to begin the escape. In the beginning, you should watch his arm. When he gives himself a little distance to



slide his hand in the collar, it is the right moment to begin the technique. You should escape your hips slightly sideways (being very careful of the opponent trying to take your back), and place both of your hands on the opponent's belt in front of his belly.



Here, the detail of the grip can be seen as it should be done. It is always good to give a minimum distance between the grips, because if they are farther apart, they won't have the same leverage.





Here you can see two different angles. With the grip secured, the hip should be escaped while you push the opponent up and away at the same time. You should keep your arms stretched out at this point, because the opponent will most likely try to put his weight on your chest in order to keep from losing the position.



At this time, you should escape your hips to your stronger side, and always maintain the pushing pressure in the opponent's belt. Here, you should begin to bring your knee up, with the intention of



getting guard. The knee that you bring up will be the one away from the floor, the top knee (opposite knee from the standard hip escape or elbow escape to guard techniques).



At this point of the technique, it is important to maintain the grip on the belt, threatening the setup of a sweep, and with a hook under one of the opponent's legs, escaping the hip, and threatening to setup to take the back.



Those threats should force your opponent to be defensive and back out a little, opening space so that you can set the other hook in the opponent's thigh.



With the hooks properly done, and with the grip on the belt, you reclaim the guard and you will end up in a good position, from which you can still sweep your opponent. You should try to stay very close to the opponent's chest at



this point, so that your opponent cannot "jump" your legs and reclaim mount. In this position, you can execute the joga fora no lixo sweep which we showed you earlier.



Finally, the final position should be similar to the one seen in this photo. It would be almost obvious and natural to try the joga fora no lixo in this situation because you already have your feet and hands in the proper position. But it isn't important what each individual will do from this position. What is important is that you escaped the mount. :-)

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:28:52 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Triangle Choke to Bicep Slicer

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael attempts the triangle choke.



2. Before he can finalize his position, the opponent is able to pull his head free. Michael places his foot on the ground and moves his hips out toward his left while firmly gripping his opponent's right arm.



3. Michael drives his shin tightly into the crease of his opponent's right elbow.



4. Triangling his legs while gripping the triceps with both hands, Michael arches his body and pulls with his arms to finalize.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:10:44 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armdrag to Armbar from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands.



2. Pulling the opponent's right arm across his body, Joe hooks his right hand under his opponent's leg and controls his head with his left hand.



3. Joe moves his hips out to create space and circles his left hand to the front of his opponent's face.



4. Pushing with his left hand, Joe swings his left leg over his opponent's face and arches to apply the arm bar. **NOTE:** Joe traps his opponent's right arm by keeping it tight to his body with his tricep.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:27 PDT 2002.

BJJ.ORG

Last updated 06/16/02

[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armdrag to Collar Choke from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands and pulls it across his body as he turns onto his side.



2. Joe hugs around his opponent's back with his left hand and pulls inward to keep the opponent from retracting his right arm. (It may be necessary to hug with both hands and close the guard.) Joe slips the fingers of his right hand deep inside his opponent's lapel.



3. Joe grabs the collar with his left hand (thumb inside) while forcing his opponent's head downward with his forearm.



4. Looping the left arm over his opponent's head, Joe straightens his body and finalizes the choke.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:29 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



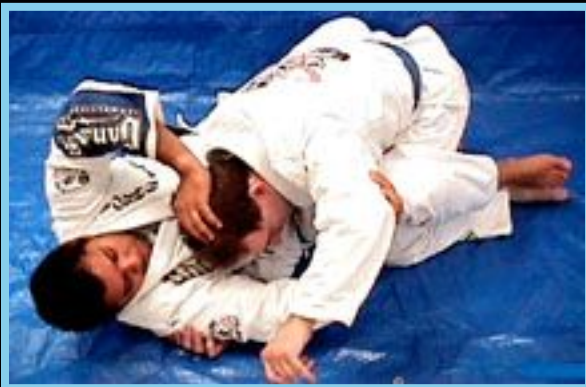
Armdrag to Half Nelson from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands and pulls it across his body as he turns onto his side.



2. His opponent reacts by keeping his head low to avoid a possible arm bar. Joe hooks his right hand underneath his opponent's left elbow and pushes his head downward with his left hand.



3. Joe secures his opponent's head in his armpit by pressing his right arm into his body.



4. Clasping both hands together, Joe arches and twists to his left to apply a half nelson neck crank.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:30 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armdrag to Sweep and Armlock from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands and pulls it across his body as he turns onto his side.



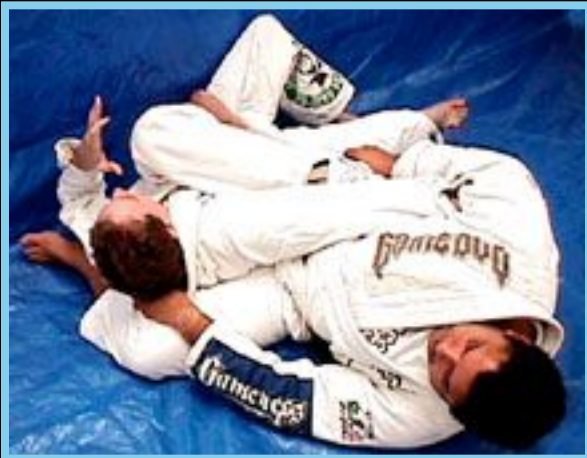
2. Pulling his opponent's right arm across his body, Joe hooks his right hand under his opponent's leg and controls his head with his left hand.



3. Joe places his left foot on the ground and walks outward turning his body perpendicular to his opponent.



4. Pushing with the back of his right thigh while lifting with his right hand, Joe sweeps his opponent to his left.



5. Joe maintains control of his opponent's lapel with his left hand while placing his right foot on the left hip to prevent the opponent from sitting up. Joe squeezes his legs together and arches to apply the arm bar.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:32 PDT 2002.

BJJ.ORG

*Last updated 06/16/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Armdrag to Far Arm Armlock from Guard

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands and pulls it across his body as he turns onto his side.



2. The opponent grabs the back of Joe's head. Joe controls the tricep and head with his left forearm while placing the forearm bone of his right arm just above his opponent's elbow.



3. Shifting his body slightly to the right, Joe grabs his right hand and pulls inward toward his chest. The pressure is felt on the left elbow.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:33 PDT 2002.

Armdrag to Shoulder Wrench from Guard

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe Moreira grips his opponent's right sleeve with both hands and pulls it across his body as he turns onto his side.



2. Joe controls his opponent's left wrist with his right hand and grabs the belt or around the back with his left hand.



3. Joe sits up and traps his opponent's right hand in his right armpit while cupping the back of the elbow with his hand.



4. Shifting his right shoulder backwards, Joe presses his stomach downward to apply an upward shoulder wrench.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:35 PDT 2002.

BJJ.ORG

Last updated 06/16/02

[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Defending the Stack when Armlocking from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael secures an armlock from the guard but is unable to finalize because his opponent counters aggressively by "stacking".



2. Michael counters by placing both hands on his knees and pushes his opponent away.



3. Utilizing the combined strength of his arms and legs, Michael is able to create enough space to continue his attack.



4. Michael attacks his opponent's left arm by gripping it just above the elbow and pulls downward toward his stomach. Michael shrugs his right shoulder to lock his opponent's wrist against his neck.



5. If the opponent is able to withdraw his left arm, Michael switches his attack back to the right arm and applies the straight armbar.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:40 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Guillotine/Triangle Choke/Armbar Combination from Guard

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

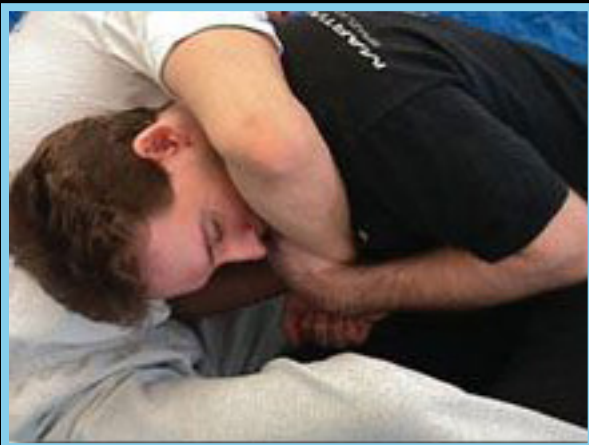
*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. The opponent's weight is slightly forward. Michael posts on his left arm and sits up.



2. Scooting his butt backwards, Michael secures a grip for the guillotine.



3. The opponent counters by pulling down on Michael's arm with his left hand. (view rotated for clarity)



4. Reaching under his opponent's left arm, Michael secures the opponent's left wrist with his left hand.



5. Falling backward, Michael throws his right leg over his opponent's left shoulder.



6. Spinning perpendicular, Michael attempts to finalize the triangle.



7. The opponent counters Michael's triangle attempt by raising his head upward.



8. Michael spins a little further and throws his left leg over his opponent's face and finalizes with straight arm bar.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:42 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Sweep to Arm Lock

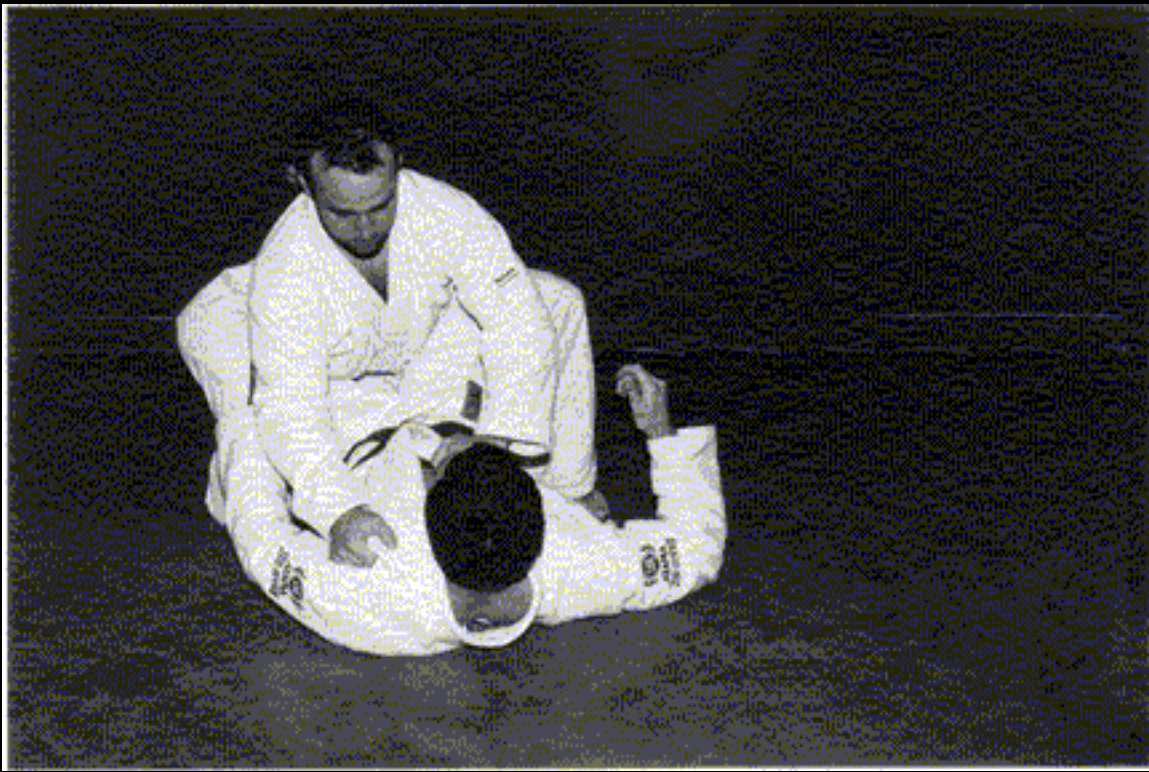
A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Sweep to Arm Lock



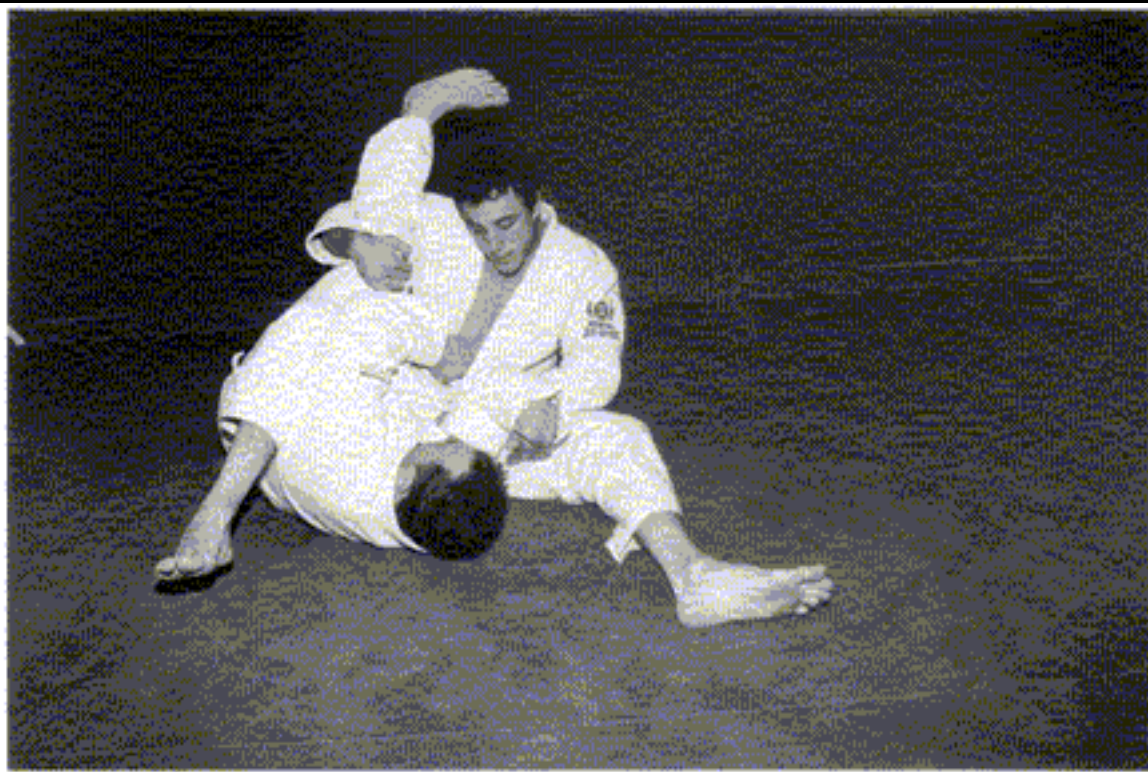
1. In this situation, Richie is in my guard & makes the mistake of posting his left leg too close to me.



2. To set up the sweep, I hug his left leg with my right arm, and hold his right arm (gripping the gi behind his tricep) with my left hand. I am using his leg to pivot my body (facing left).



3. Continuing to hold his leg and arm, I use my left leg as a counter weight (pointing it in the direction I want him to go) and kick toward his head with my right leg (underneath his arm pit).



4. Once his back is on the floor, I begin to set up the arm bar by pulling his right arm up so his elbow is above my belt line. This also makes it hard for him to quickly roll into me.



5. In this frame, I proceed with the armbar by Putting my left leg across his face, and hugging his right arm tightly against my chest.



6. To finish the Arm Lock, I lay back, hugging his arm tightly & keeping his thumb pointed up. Keep your knees tight, squeezing his arm with them & Do Not CROSS your ankles. Remember to 'pin' his head to the floor with your left leg so he can not sit up.

Techniques demonstrated by Gene Simco and Rich Hill. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Wed Jun 26 17:25:30 PDT 2002.

BJJ.ORG

Last updated 06/26/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Belt Sweep

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Belt Sweep

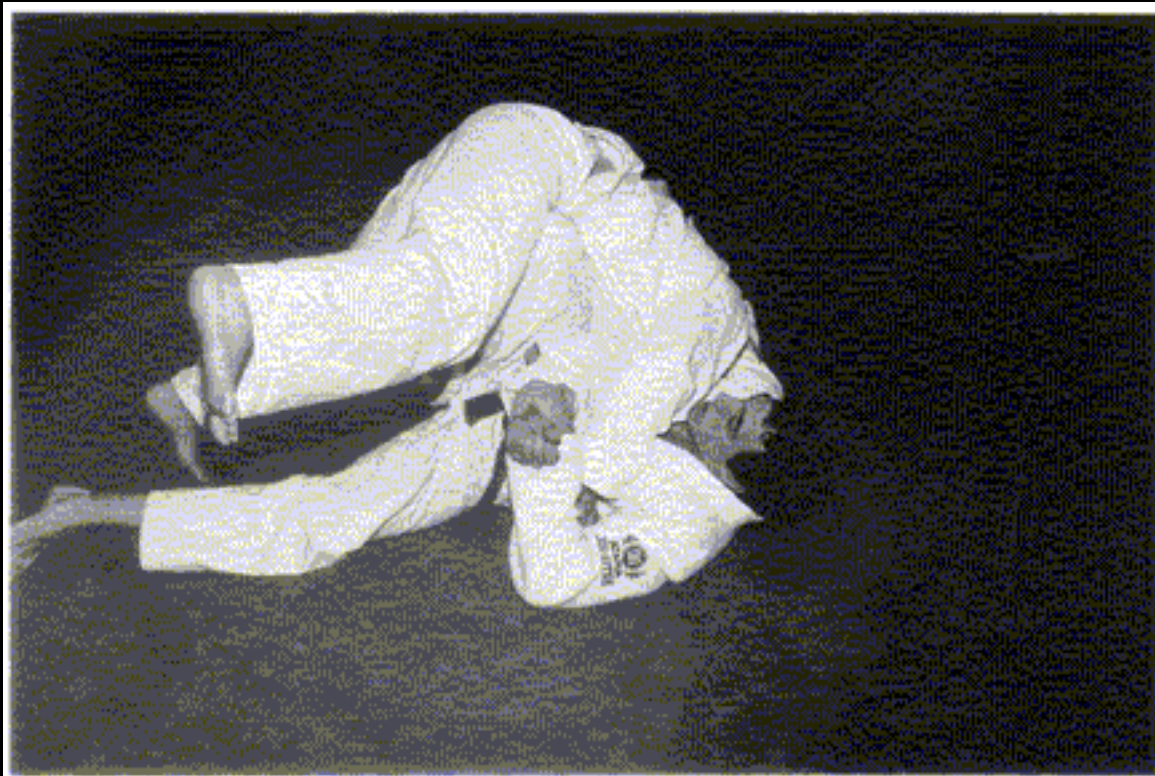


1. In this situation, I am trying to set Richie up for a 'scissors' sweep, which means my right shin is across his belly, and I am trying to sweep him to my left. To defeat my efforts, Richie posts out with his right hand, and makes the mistake of pushing down across my body with his left hand.

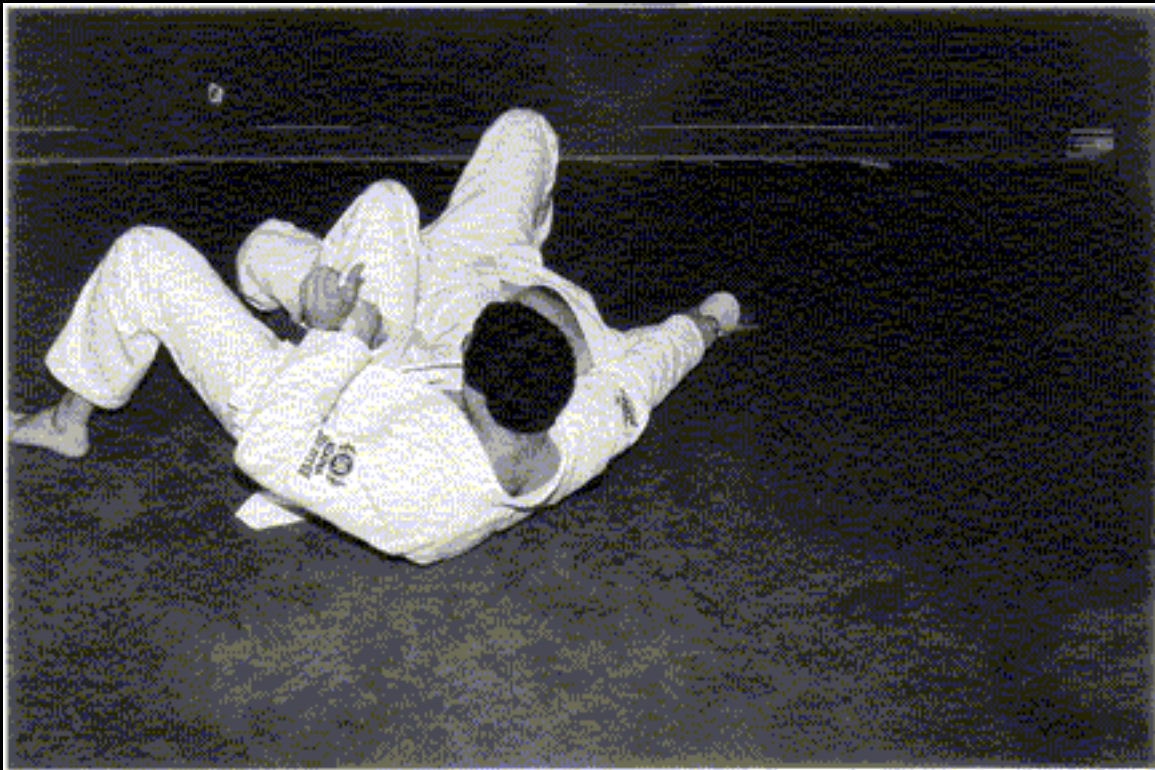


2. To capitalize on this mistake, I stay very close to him, and secure his left hand/arm with my body & left arm.

With my right hand, I grab his belt (or pants), and sit as far up as I can.



3. Staying close to his head, I rock back and kick him up & to the right of my body with his weight balancing on my right shin.



4. This is just a picture of the 'landing' with some space made so you can see the positioning.



5. And this is my 'hold down to secure my position - I am Pulling his left arm into me, my right leg is parallel to his body, and my left is based out - with weight on his face.

Techniques demonstrated by Gene Simco and Rich Hill. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Wed Jun 26 17:44:44 PDT 2002.

BJJ.ORG

Last updated 06/26/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Uma-Plata

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Romero "Jacaré" Cavalcanti.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Uma-Plata



Jacare has Sucuri in his guard, Sucuri has established a good base preparing to escape the guard.



Jacare switches his grip on Sucuri's gi sleeves, grabbing Sucuri's left sleeve with his left hand and Sucuri's right sleeve with his right hand



When Sucuri stands to pass guard, Jacare quickly grabs the leg and pivots his head around towards Sucuri's leg, bringing his right leg up over Sucuri's left shoulder. It is important to maintain the grip on the sleeve.



Jacare maintains the grip on Sucuri's left gi sleeve as he presses Sucuri's head down towards the mat and "STRETCHES" Sucuri's left leg out straight behind him.



Jacare immediately sits up, holding across Sucuri's back and controls Sucuri's right hip to prevent him from rolling out of the Uma Plata. Jacare still has maintained his grip on Sucuri's left gi sleeve



Jacare then leans forward, keeping his weight down on Sucuri to control his movement and performs the Uma Plata Submission.

Choke from guard (no gi)

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Nino Schembri

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

angle 1



angle 2





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ. Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:33:17 PDT 2002.

Double Attack - Armlock/Triangle

*A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta*

Video: [AVI](#) [839K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



You put your opponent on your guard.



The first thing to do is to release the grip that is at the front (the grip that is probably holding next to the collar). To release the grip you put one hand below your opponent's hand and other above and after doing that you push the opp-hand (opponents hand) up and the grip will probably be released. You only can proceed if the grip is released or the position will not work as it should.



The hand that is holding below your opp-hand will get a grip below your opp elbow, with the thumb up grip. This is done to dominate his arm (the same arm that you have just blown the grip)..



With your other hand, go under that hand (that is holding the opp elbow) and hold your opp elbow on the other arm. Note that the grip done now is with your thumb turned down. At this point you will have both elbows dominated and with your right hand holding his right arm and your left hand holding his left arm (called double crossed grips).



Now, open your guard and try to climb the guard next to his shoulders. (To climb the guard means move your legs up next to the opp shoulders)



Just a detailed picture to show some special grips. Take a look at the grips used here.



After climbing the guard you will see that one of the opp arms will be a little advanced (in the pictures is the right arm). This is the perfect time to close the triangle. Probably your opp will have the other hand inside the triangle, but you can try to choke him anyway because the pressure is very strong.



Here you can move your hips to get a high pressure triangle if you want.



The closed and high pressure triangle



The Opponent starts to defend himself from the triangle by standing up and holding your leg.



Probably you would be able to submit your opp, but if he can resist the triangle, now comes the other attack. You will put your left hand that was holding your opp left arm (see picture) under his arm (the arm that is trying to defend the triangle). After doing this, now you will turn your hips out and with that movement you will be able to do a grip on his pants with your right hand (see picture) on the same side of the arm that is inside the triangle.



After doing the grips you can open the guard and swing your hips. The opp will be swept. Try to make a movement similar to a pendulum.



After the sweep, Cross your right leg with your left leg and you will see that the armlock position is almost done. Release his grip and go to the armlock. Submit him.



The final position should be like this.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:21:13 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Omoplata Sweep

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [1.4M] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The opponent is on your closed guard and he will try to open stood up. You will do a cross grip on one of his sleeves.



Now with the crossed grip, move your hips next to your opp's leg (the same side that you are doing the crossed grip) and put your hand under your opp leg, next to his ankle.



With the hand that is under your opp leg do another grip on the same arm that you are already doing the crossed grip. The second grip to work better must be done with your thumb down.



Go to the omoplata attack and do not release the grips.



Try to submit him with the omoplata attack making your opp to curve down.



The opponent will try to defend the position posturing up. Now is the best time to do the Omoplata sweep. Do a "somersault" to the same side that your opp is trying to posture. Note : Do not release the grip that is not the crossed grip. You can release the crossed grip to help you to do the somersault.



With that you will imbalance your opponent and sweep him. Release the grips taking care with a counter attack (triangle or armlock) and adjust the immobilization.



Push the opponent leg to open space to the immobilization.



The final position should be like this.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:24:03 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Tesoura Sweep

(scissors sweep)

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Sérgio Malibú



Video: [AVI](#) [219K] of the technique.



*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Your
opponent
(Malibu) is
in
Cláudio's
close
guard.
Cláudio
dominated
both arms
of Malibu.



Now, Cláudio changed his hand and got malibu crossed arm. The other hand go to Malibu's leg.



Now, Cláudio moves his hips and stay with your leg a little under Malibu's dominated arm, just to create space to the "explosion" and to the lever.



Now,
Cláudio
explode
forcing his
right leg to
dominate
the whole
Malibu's
left arm
and
throwing it
to left of
his body.



Now,
Cláudio
just make
a
movement
to his hips
and roll
until he
mount
Malibu.



The final position of Cláudio's Favorite position. I must tell you, that Cláudio won a lot of fights using this technique. It's one of his strongest point.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:07:46 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Arm Bar

***A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net***

Instructor: Gustavo Machado and Roberto "Gordo" Correa

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Gustavo Machado (in the blue gi) has Gordo (in the white gi) inside his guard. Gustavo has the standard grip, holding both of Gordo's gi sleeves.



Gustavo reaches under Gordo's left arm and grabs over the top of Gordo's right tricep. He maintains his grip on the right gi sleeve with his left hand.

Gustavo places his left foot into Gordo's right hip, and presses his



right leg tight against Gordo's left shoulder. Gustavo pivots his head and upper body towards his right to get a good angle.

Gustavo now has room to bring his left leg over Gordo's head for the arm bar. To get the submission,



Gustavo keeps downward pressure with his legs by bringing his heels down towards his hips as he bridges up with his hips to apply pressure to the elbow.

A variation



on this arm
bar starts
from a
double
lapel grip.

Gustavo
pulls



Gordo's gi
lapel free
and feeds it
underneath
Gordo's
right arm.

Gustavo
continues
bringing
the gi
around the
arm to the



inside and passes the gi to his right hand. His left hand now establishes a grip on Gordo's right gi sleeve.

Gustavo places his left foot into Gordo's right hip, and presses his right leg tight against Gordo's left shoulder. Gustavo pivots his head and upper body



towards his right to get a good angle. By maintaining the grip on the gi that is wrapped around Gordo's arm - it makes it very difficult for Gordo to free his arm or block the arm bar.

Gustavo now has room to bring his left leg over Gordo's head for the arm bar. To get the submission, Gustavo keeps



downward pressure with his legs by bringing his heels down towards his hips as he bridges up with his hips to apply pressure to the elbow.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:57:23 PDT 2002.

BJJ.ORG

Last updated 10/11/02

[Webmaster](#)

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Uma Plata

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Romero "Jacare" Cavalcanti and Luis "Sucuri" Togno

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Jacare has Sucuri in his guard, Sucuri has established a good base preparing to escape the guard.



2. Jacare switches his grip on Sucuri's gi sleeves, grabbing Sucuri's left sleeve with his left hand and Sucuri's right sleeve with his right hand

3. When Sucuri stands to pass guard, Jacare quickly grabs the leg and pivots his



head around towards Sucuri's leg, bringing his right leg up over Sucuri's left shoulder. It is important to maintain the grip on the sleeve.



4. Jacare maintains the grip on Sucuri's left Gi sleeve as he presses Sucuri's head down towards the mat and "STRETCHES" Sucuri's left leg out straight behind him.



5. Jacare immediately sits up, holding across Sucuri's back and controls Sucuri's right hip to prevent him from rolling out of the Uma Plata. Jacare still has maintained his grip on Sucuri's left gi sleeve.



6. Jacare then leans forward, keeping his weight down on Sucuri to control his movement and performs the Uma Plata Submission.

Counter to Guard Pass finishing with Ankle Lock

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Renzo Gracie and Paul Creighton

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Renzo Gracie (in black) has Paul Creighton (in white) in his guard. Paul stands up to try to escape Renzo's Guard.



Renzo hooks his right arm around the back of Paul's left ankle with a firm grip. Renzo keeps his hips high using his right leg across Paul's back.

Renzo rolls over his right shoulder, maintaining



the grip
around
Paul's left
ankle
throughout
the roll.



Renzo lands
beside Paul,
facing the
same
direction
and still has
a firm hold
on Paul's
ankle.



Continuing in one fluid movement, Renzo comes up onto his left foot for balance and leverage; and lifts Paul's ankle upwards taking Paul off balance and down to the ground.



Renzo continues to lift up on Paul's left leg as he presses his body into Paul's knee (you can perform an ankle lock at this point) or.....



Renzo releases his grip with his right arm and presses back securing the cross body position.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:45:07 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Sweep from Attempted Guard Pass

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Luis "Sucuri" Tognolo and David Sisk

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Sucuri (in the blue gi) has David Sisk (in the white gi) in his guard. Sucuri has established the basic grip - his right hand grabbing inside David's right gi collar, and his left hand grabbing the right sleeve.



David tries to pass Sucuri's guard, by stacking him. David has reached underneath Sucuri's right leg taking the leg up over his shoulder and has grabbed Sucuri's opposite gi collar for control.



By pressing his hips in and stacking, David is passing to Sucuri's right side.



As David starts to come around to the right side, Sucuri releases his grip on David's gi and presses both of his hands against David's left side. At the same time he does this, Sucuri places his left foot on top of David's right foot.





Sucuri brings his right leg over to hook his foot inside David's right knee.



Once the hook is set, Sucuri sits up and reaches over David's back with his right arm and grabs the belt or David's side.



Sucuri now drops his right shoulder back down to the floor and kicks up with his right leg to take David off balance and start the sweep. Sucuri's left foot is posted on the floor.



Sucuri bridges his hips up forcefully - bridging over his right shoulder.....



..... and takes his left leg over the top to go to a cross body position on David's right side.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 19:01:11 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable

Triangle choke, wrist & shoulder lock (BJJ)

*A Technique from Brazilian Jiu-Jitsu
Courtesy Erin Toughill (erintoughill.com)*

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

1

Opponent
is in
Erin's
guard





2

Erin opens guard, puts feet on hips and scoots back.

3

Erin brings her right leg over opponents left arm.

She is still gripping sleeves and keeping other foot on her hip.



4

Erin pulls opponent's right arm *across* opponent's own face and holds it firmly.



5

Opponent tries to defend by grabbing Erin's pantleg and posturing up.

Erin's *right* hand goes *under* opponent's wrist as she simultaneously grabs her own wrist and cups the top of her opponent's hand.



6



She then secures a wrist lock while pulling the arm to the side and also applying a shoulder lock.

All the while having the triangle choke around the neck.

No one is getting away from that!

This information was originally published on erintoughill.com, and is reproduced on BJJ.Org with express permission.

Page downloaded on Tue Nov 11 2003.

*Last updated 11/25/03
[Webmaster](#)*

*Donations to BJJ.Org via
Amazon or PayPal gratefully
accepted*

BJJ.ORG

Hi
Donations to BJJ.Org are appreciated!
amazon honor system [Learn more.](#)



Taking the Back from Open Guard

*A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen*

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael begins from a basic open guard position.



2. When the opponent's right foot becomes accessible, Michael "cups" the heel with his left hand while hooking his left foot around the back of the knee. **NOTE:** Michael must position his hips as close to the opponent's foot as possible.



3. Michael straightens his left leg and hooks his foot against the back of his opponent's right knee.



4. Pulling his opponent forward with his right hand, Michael kicks outward with his right foot...



5. ...sweeping his opponent to the floor while taking his back.



6. Michael then puts his "hooks" in for control and applies a choke.

Sweep from Open Guard to Knee Lock

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael establishes a basic open guard position. Michael's left hand is holding his opponent's right heel.



2. Michael places his left hand on the ground, sits up and reaches across his opponent's hip to prevent him from spinning to his back.



3. Michael drives forward with his right shoulder while lifting and sweeping his opponent's right leg with the back of his left calf.



4. Michael triangles his legs close to his opponent's heel and squeezes his knee's together to elevate and control the leg. He then underhooks with his right hand and hugs the leg with his left arm. To finalize Michael drives his hips downward to apply the knee lock.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:38 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Butterfly sweep - bicep slicer

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Cesar Gracie***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. Dan has Zena in butterfly guard. (Controlling her arms by pulling on her sleeves and extending them with his shins.)



2. Dan scoots his hips to the left and keeps Zena's arm trapped by pulling on her sleeve





3. Dan now places his right leg across Zena's stomach. His right foot should be placed across her hip, with the arch of his foot flush on her hip.



4. As Zena tries to pass to the left, Dan will grab under her leg with his right arm.



5. Using the momentum of the pass, Dan extends his left leg to the side and lifts her left leg over. His right shin helps carry her over and provides a pivot point. Dan's right leg must remain bent for this.





6. Dan will go on top and continue to hold the left sleeve and keep his left leg bent across Zena's arm.



7. Dan will now put his hips forward and lay his body flat to apply the "bicep slicer". (On bigger opponents you will apply this move with your legs unlocked and your arms securing their head and arm.)



This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:58:01 PDT 2002.

BJJ.ORG

Last updated 06/18/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Roll - triangle - armbar

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Cesar Gracie

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. From the guard, hold his sleeve with your left hand and put your left leg over his right arm.



2. With your right leg bent, begin to go to your knees. Use your right arm as a post.



3. Catapult yourself over. Do not let go of the sleeve. It is important to straighten your legs and pull on the sleeve.





4. Swivel all the way around while shooting your legs through.



5. After completing a complete swivel, finish with triangle.



6. Armbar is optional

This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:52:32 PDT 2002.

BJJ.ORG

*Last updated 06/18/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Sitting Open Guard Reversal

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Romero "Jacaré" Cavalcanti.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Sitting Open Guard Reversal



Beginning in the open guard position, Rodrigo Medeiros, on the bottom, is holding Jacaré by the collar with both hands. Rodrigo has his feet placed on the hips of Jacaré.



Rodrigo drops one foot down to the leg of Jacaré, just above the knee, and pushes Jacaré's leg back. As Rodrigo pushes, he begins to sit up.



Rodrigo drops both feet to the floor and grabs Jacare's collar from behind and between Jacare's legs.



As Rodrigo is holding the collar, Jacare begins to push forward into Rodrigo's chest with his knee.



As Jacare is pushing forward, Rodrigo grabs Jacare's pants at the knee with his palm up.



Rodrigo then moves his hips as far under and between Jacare's legs as he can pulling Jacare forward.



As Rodrigo falls back from pulling Jacare forward, he then begins to lift Jacare's knee toward the opposite side while continuing to hold Jacare's collar between the legs.



With the collar in hand, Rodrigo pulls Jacare's leg to him and continues to lift the knee for the reversal.



Once Jacare is reversed, and continuing to hold the pants and collar, Rodrigo can get up and move to a side-mounted position.

This information was originally published on www.alliancebjj.com, and is reproduced on BJJ.Org with express permission. Downloaded on Wed Jun 26 18:38:29 PDT 2002.

BJJ.ORG

*Last updated 06/26/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Omoplata

***A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.***

Instructor: Ralph Gracie

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:16:11 PDT 2002.

Sweep with Armlock

*A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta*

Video: [AVI](#) [375K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The opponnet (opp) will try to pass your guard doing the grips on your pants (by the knee) and trowing your knees from one side to other, putting your feet grounded. Grab (doing the grips) both opp- sleeves and put your feet on the opp hips with your toes turned outside (see picture)



Blow up the opp grip and at the same time move your hips below your opponent, keeping the feet on the hips (like in the beginning of the position).



Put your opp arms together (put both hands together) right up to your head. Stretch your leg, throwing your opp up. He will be with his feet out from the ground.



Move your hips out to one side (left or right) and put one of your legs out your opp's hips. This leg will pass in front of your opp's head and keep the movement until the armlock is done.



Next step. Pass your leg over opponent's head.



Adjust the armlock, blow up the grip and submit your opp.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:25:36 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Joga Fora no Lixo Sweep (Throw the Garbage Out)

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

🎬 Video: [AVI](#) [220K] of the technique. 🎬

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Cláudio (on bottom) is using the butterfly guard, sitting up with the intention of sweeping Andres (on top) with a basic



sweep. Andres is trying to pass Cláudio's guard. Cláudio slides his left arm under the right arm of Andres, which is the same side Cláudio has a foot hook (left foot) under Andres's thigh, and secures a grip on Andres's belt in the back. Cláudio then secures a grip on the left knee of Andres with his other hand.



After securing the two grips, Cláudio will roll to his back and pull Andres on top of him as if he were going to execute the original sweep. In order to counter this sweep, Andres posts his left foot out to the side and slightly forward, and posts his hands.



After Andres post his foot, Cláudio releases the grip on his knee and slides his arm under Andres's leg, but maintains the grip he has on the belt with his other hand.

After switching his grip, Cláudio again sits up and slides his hips away from Andres a little. By doing this, Cláudio is able to hug Andres's leg close to his chest. Detail: Cláudio is



sure to keep Andres's leg high and close to his chest in order to keep the technique tight and not allow space for Andres to counter.



After securing the leg close to his chest, Cláudio comes up on his knees quickly, and while keeping his grips on the leg and belt, he



performs a movement similar to the Baiana (double leg), raising Andres's leg up higher, and lowering the arm which is securing the belt, turning the opponent sideways in the air. This totally throws off Andres's balance. If the opponent stands, Cláudio will also stand, keeping his grips. The important point of this sweep is that the arm under the opponent's leg must always be maintaining an upward pressure on the leg

of the
opponent.



After
completing
the sweep,
Cláudio
secures the
hold down
in the side
mount
position.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:09:31 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable

Backdoor, Back Hooks

*A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta*

Video: [AVI](#) [682K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The beginning of the position is the seated guard with one of your hands on your opponents (opp) belt and other holding your sleeve (the opposite sleeve of the belt side). The hand that is holding the sleeve will pull your opp sleeve next to your hips.



Now, you will move your hips out and do a hook on your opp leg on the same side that you are holding the belt.



The opp will perceive that you will try to sweep him and he will weigh his hips down trying to defend the sweep. Put both legs under his legs and do the hooks.



Now move the leg that is on the opposite side of the belt grip out and do a hook outside his leg (see picture), over your inside hook. Move out the hips and with your hand on the belt, move your elbow up that is under your opp arm (the same arm of the belt grip). That will make that your opp's hips move up.



So, now you are on the opponent's back, and you should make a hook.



Since the opponent's arm is dominated, you ain't gonna have any trouble to make the first hook.



With the outside hook done move your hips all the way out like doing a technical raise and you will end up on his back.



Now, just make the other hook, with the opponent's arm dominated.



The final position should end like this.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:26:32 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Hook Sweep

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [535K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The beginning of the position is the seated guard with one of your hands on your opponents (opp) belt and other holding your sleeve (the opposite sleeve of the belt side).



The hand that is holding the sleeve will pull your opp sleeve next to your hips.



Now, you will move your hips out and do a hook on your opp leg on the same side that you are holding the belt.



Moving out the hips and with your hand on the belt, move your elbow up that is under your opp arm (the same arm of the belt grip) and at the same time pull your opp sleeve next to your hips.



With that you will be able to imbalance your opp. Now stretch your leg (the same tha is doing the hook) and keep doing the "somersault", sweeping your opp. Now adjust the immobilization.



The final position should be like this.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:22:52 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Sweep from the Guard

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Romero "Jacare" Cavalcanti and Luis "Sucuri" Tognolo

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1: Jacare has Sucuri in his butterfly guard. Sucuri has prepared to pass the guard by trapping Jacare's right leg. Jacare starts blocking the pass by pressing against Sucuri's head.



2: Jacare sits up and posts Sucuri out using his right arm. He has a thumb inside grip on Sucuri's right gi collar. Jacare has his left arm underneath Sucuri's right arm and is grabbing Sucuri's belt.



3: Jacare posts his right hand for base, as he escapes his hips out towards his left side. He keeps his feet 'hooked' into Sucuri's legs. Jacare's left hand still has a secure grip on Sucuri's belt.

4: Sucuri realizes that Jacare is going for the guard sweep, so to block,



he has posted his left leg. Jacare counters Sucuri's block by underhooking the posted leg with his right arm.

5: Jacare now rolls back towards



his right shoulder. As he does this he lifts with his right arm.



6: As Sucuri loses his balance forward, Jacare secures his grip on Sucuri's leg by grabbing his own gi collar. Jacare also "stretches" Sucuri out by posting his hand against Sucuri's side just under the arm and pushes him away.



7: Once Sucuri is face down, Jacare brings his left arm behind him for base and prepares for a technical stand up.



8: Jacare posts his left hand on the mat, and pulls his left knee back behind him (technical stand up). Jacare has maintained the secure grip on Sucuri's leg through out the move.



9: As soon as Jacare gains the standing position, he moves in on Sucuri to obtain the top position.

10: Here Jacare has



obtained the Top position by sweeping Sucuri.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:41:31 PDT 2002.

BJJ.ORG

*Last updated 10/11/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable

Counter to Guard Pass with Hammer Lock Finish

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Luis "Sucuri" Togno and Romero "Jacare" Cavalcanti

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1: Sucuri (on bottom) has Jacare in his guard. Jacare is preparing to pass the guard to his left side, by trapping Sucuri's right leg.



2: Sucuri's first line of defense is to block Jacare's forward momentum. He does this by posting his left hand on Jacare's left shoulder.



3: Sucuri pushes against Jacare's shoulder and moves his hips out a slight distance to free his hips.



4: Sucuri then escapes his hips out to Jacare's right side. Sucuri posts his right hand out behind him for base as he sits up and reaches over Jacare's left shoulder with his left arm.



5: Sucuri feeds his left arm through Jacare's left arm and grabs the gi sleeve of Jacare's left arm. Make sure you have a secure grip on this gi sleeve.



6: Sucuri now does a "technical stand up" movement by sliding his right knee out behind him.





7: At the same time that you pull your knee out, you take your left shoulder down to your right knee



8: When Sucuri does the technical stand up taking his left shoulder to his right knee - the momentum of this move will roll Jacare over to the bottom position.



9: Sucuri puts his head on the floor for base.....



10: and 'jumps' his legs over to the opposite side, forcing Jacare onto his back.



11: As Sucuri lands on the opposite side - he will base with his legs to prevent being rolled and start to secure the side mount position. Notice his left hand has maintained the secure grip on Jacare's gi sleeve, his right hand is at Jacare's near hip to block any hip movement, and his legs are based.



12: Sucuri immediately "switches" his legs by bringing his right leg over his left and taking his right knee to Jacare's hip, as he extends his left leg out behind him for base. Sucuri's right hand is still at Jacare's near hip to prevent his knee coming under for an

escape.



13: Sucuri has his weight on his left side heavy on Jacare's chest to prevent his movement. Notice that Sucuri still has a secure grip on Jacare's left gi sleeve.



14: Once the position is stabilized Sucuri begins his re-positioning for the submission. He reaches across with his right hand and figure fours Jacare's left arm.



15: Sucuri posts his left foot and pivots his shoulders counterclockwise for the hammer lock submission.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 17:51:21 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Counter to Guard Pass with Rear Choke Finish

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Paulo "Mushu" Elsimani and David Sisk

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



"Mushu" (in the black gi) has David (in the white gi) in his butterfly guard. David has worked both of his arms underneath Mushu's legs to start his guard pass. When David starts his guard pass with both arms under - Mushu's first line of defense is to grab

both of
David's gi
sleeves.



Mushu
starts his
counter by
bringing his
right leg up
and then
passing it
across to the
opposite
side. He
sets his
right hook
into
David's
right leg.





Mushu then posts his left arm behind to prepare for a technical standup movement. As he brings his left hook out and plants his knee on the ground - he reaches across David's back with his left arm. Notice his right hook is still in place.



Mushu then steps over David's back with his left leg and secures both hooks to establish the back position. His right hand is around David's throat and



securing a thumb inside grip on David's left gi collar. Mushu's left arm is underneath David's left arm and securing a thumb inside grip on David's right gi lapel. Mushu's hands are now in place for a choke submission.



Even if David rolls to try to escape the back position, Mushu can finalize the choke.

Helicopter Sweep

Roberto "Roleta" Magalhães's sweep

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta

Video: [AVI](#) [400K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The opponent (Andres) is trying to pass the guard with one hand under the leg and the other holding Cláudio's knee to the ground.



Cláudio (the fighter on bottom) then secures a cross grip on the arm that is holding his knee. It is important to get a grip on the same arm that is holding his knee.





Cláudio then allows Andres to pass one of his legs over the knee that is being held, so that Andres has his weight over Cláudio's trapped leg. Detail: The cross grip that Cláudio has on Andres's sleeve should not be let go until the sweep is finished. Cláudio's leg, which is between Andres's legs, will remain in that position until the end of the sweep. This will be his leverage point for the technique. Cláudio will begin to turn on his right shoulder as

Andres comes around the guard to give the impression that he is rolling to "all fours".



Cláudio then secures a grip on Andres's pants just below the left knee, then continues rotating on his shoulder in order to get his chest under Andres, so that Andres's weight is



over Cláudio's chest and leg (which is between Andres's legs). Detail: Cláudio's grip on Andres's leg is on the same side as his grip on Andres's sleeve. In this case, it is Andres's left sleeve and leg.



Having control of the sleeve and leg, Cláudio makes a pendulum movement throwing Andres over the top with his leg while at the same time pulling the arm and leg of Andres.



After completing the sweep, Cláudio will be on the side of Andres, but usually the leg will still be inside the legs of the opponent. He will remove the leg from between the opponent's legs first, and then reposition the other leg (which is under Andres's head in this case) to secure the side hold down. Detail: Do not release the grips on the sleeve and leg until you have your leg free from between your opponnet's legs.



After freeing the leg that was between Andres's legs and repositioning his other leg, Cláudio secures the side mount by releasing the grip on the sleeve and securing Andres under his neck, and placing his weight on Andres's chest to complete the hold down.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:03:46 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Half Guard Sweep

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Roberto "Gordo" Correa and Gustavo Machado

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Gordo (in the white gi) has Gustavo (in the blue gi) in the half guard. In order for Gordo to gain the advantage, he wants to get his left arm underneath Gustavo's arm, so he prepares to do this by pushing Gustavo's left knee out using his right hand. At the same time, Gordo presses his left forearm across Gustavo's



throat and presses his left hand against Gustavo's left shoulder. (not shown.... Gordo's leg position is that his right leg is hooking Gustavo's right leg, and Gordo's left foot is placed down firmly on Gustavo's lower leg or calf.)



Gordo then hips out to his left side as he pushes Gustavo back using his arms. Gordo brings his top knee through to help gain space as well.



Gordo has gained enough room to "swim" his left arm underneath Gustavo's right arm.

Gordo grabs Gustavo's belt with his left hand, and continues to push Gustavo's left knee out



to the side using his right hand. Notice that Gordo stays on his right side with his left shoulder off the mat. His left leg is posted.





Gordo sweeps Gustavo by dropping his left shoulder to the mat, pulling with his left hand which is controlling the belt and lifting with his right hand which is controlling the knee. Gordo maintains control of the knee through out the move.





Gordo
secures the
cross mount
position.

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:53:36 PDT 2002.

BJJ.ORG

Last updated 10/11/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Heel hook

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Cesar Gracie

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. Opponent attacks with knee on the stomach.



2. Place your right hand on his left leg and your left on his knee. Push him to maintain the distance.



3. Scoot out to your left and work your right knee between his legs. Place your right knee tightly on his inner thigh. Put your left foot on his right hip. (The scoot to your left will



make it easier for your knee to go through).



4. Turn him to his left side by rotating your body to the left. Opponent will fall. Pushing with your right hand will help.



5. Keep his leg trapped by squeezing it with your legs and wrap his right heel with your right arm.



6. Finish him by applying a heel hook.



This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:55:35 PDT 2002.

BJJ.ORG

Last updated 06/18/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



69 reversal

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [475K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



First, the opponent on top (GT - guy on top) will be holding the person below in the 69 position.



The person on bottom (GB - guy on bottom) then pulls in his arms and gets a grip in the armpits of GT.



Then GB bridges hard to move the weight of GT,



and at the same time he pushes upward with his hands in the armpits, drawing in the knee (the knee has to be under the armpits of GT)



and changes his grip from the armpits to the end of GT's sleeves (as if holding the wrists).



Now GB will make the escape of the 69 position, pulling GT's arms down and back, and pushing the armpits of GT upward with the knees.



Then GB releases his grip on the sleeves and grabs the head and the opponent's legs to finish the escape of the hold-down.



The final position should be like this...

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:11:24 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Cross Mount Reversal

(100 quilos or side mount)

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta

 Video: [AVI](#) [311K] of the technique. 

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



GT (guy on top) is holding GB (guy on bottom) in side control.



To escape, GB will have to pull out the arm that is close to the legs of GT (if it is difficult, bridge hard and pull out the arm),



and reach inside the arm of GT with his opposite arm (the one that is close to GT's head), reaching under GT's armpit.



Now GB bridges hard and pushes the opponent's shoulder back and upward at the same time. This will create the space needed to reach inside and grab the leg of GT.





In order to grab the leg with both hands, GB sciccors his legs and go to all fours, and places his head on the opposite side of the opponent's body (opposite from the leg that GB grabbed).



Just another angle of the last one.



Once he has secured the leg, GB does the movement similar to the baiana (double leg) to lift the opponent, escaping the hold-down.



To complete you hold-down, hold the head (underneath the head and neck) and hip (or leg) of the opponent.



The final position should be like this.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:14:14 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Escape from the Kesa Gatame

"Gravata de porteiro" (Doorkeeper's choke)

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta

 Video: [AVI](#) [653K] of the technique. 

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



You will start with your opponent (opp) holding your arm and neck, position know as "Doorkeeper's Choke" (see picture). This position is very dangerous, because he is dominating you and at the same time he can submit using his shoulder or submit doing an armbar.



The First thing to do is to pass your hand that is free in front of your opponent's face. Doing this you will diminish the pressure your opponent was doing. Note that the thumb is down - with the arm like that (see picture) your lever is stronger so you will be able to push his head up.



After passing your arm in front of your opp face, move your hips out at the same time you push his face up. This is done to create some room, so you can move your leg easily.



Keep moving your hips out and pushing his head up and at the same time try to put your dominated arm in the ground.



When you feel you are out of danger, pass your leg over your opp head. (see picture)



Stretch your leg down. When you do that he will probably release his grips and he will get imbalanced, with his head under your leg. With that you will do an inversion and now he will hit his back in the ground.



When his back hits the ground, move the leg that was over his head behind.



After moving your leg behind, move your other leg next to the first one to adjust the immobilization.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:03:42 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Escape from the Back 1

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

🎬 Video: [AVI](#) [364K] (or this [variation](#) [353K]) of the technique. 🎬

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The position starts with the opponent on your back with the hooks and trying to choke you.



With both hands, grab the opponents arm that is closer to your neck and you will relieve the pressure of the choke so you will have time to do the escape.



With the choke pressure relieved, bridge to the opposite side of your opponents elbow (of the same arm you are holding) and put your head on the floor and begin to move your hips out to the opposite side of the choke.



If you do everything above, the choke pressure will be totally relieved so release just one grip (of the grips you were using to relieve the choke pressure) of the same side of your opponents arms that is closer to your neck and transfer the grip to the pants next to the foot. This grip will help you to release one hook and avoid that your opponent gets the mounted position. Do not release the other grip of the choke, this grip will avoid any choke attempt.



With one hook released and the grip of the pants done, keep moving your hips out over the other hook. So with that move both hooks were released. Do not release the pants grip until the position is finished.



After you release both hooks, do a scissors movement (on the direction of your opponents feet) and try to turn above your opponent. Now the other grip that was on the opponents arm can be released.



After doing the scissors movement, the hand that now is free will enter below your opponent's leg and after that you must release the other grip that was holding the pants and transfer to under your opponents head. If you do not release this grip now you can be caught in a triangle or your opponent can move his hips out

trying to get your
back again.



Adjust the
imobilization.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:31:06 PDT 2002.

BJJ.ORG

*Last updated 06/29/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Ankle Lock

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Gene "Aranha" Simco.***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Ankle Lock



1. Begin by trapping your opponent's leg as shown.



2. Make a figure four (triangle) with your legs.



3. Secure your opponent's ankle as shown with the bone of your wrist in your opponent's Achilles tendon – arch back to finish.

Techniques demonstrated by Gene Simco and Wally Sasse. Photography by Dave Karchmer. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:12 PDT 2002.

BJJ.ORG

Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Calf Crank to Counter Footlock

*A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen*

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. The opponent applies a footlock on Michael, but does not have an optimal leg control position.



2. Michael pushes the foot off his hip and inserts his right hand into the crook of his opponent's left knee. **NOTE:** The top of the forearm must be pressed tightly against the underside of the knee.



3. "Figure Fouring" his hands together, Michael swings his leg over his opponent's thigh and grips it firmly at the ankle with his left hand.



4. To finalize, Michael rolls his body backward while pulling his opponent forward. Pain is felt under the knee as the thigh and upper calf are compressed around the forearm bone.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:13 PDT 2002.

BJJ.ORG

Last updated 06/16/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Gi Technique

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Gi Technique



1. As my opponent grabs around the back of my leg, I move to the side of him, facing the same direction. I push down on his head to stop his forward momentum.



2. I grab the hand that was hooking my leg with my right arm as I continue to push his face.



3. I then roll over my left shoulder, keeping my left leg close to his body. As I roll through I continue to control the hand and pull myself up, using his belt.



4. I bring my left knee to the floor and turn my left leg in as shown. My right leg right leg posts out to help me balance and lean forward toward his left shoulder. My left arm should stay over his back to stop him from rolling forward to take pressure off his shoulder. Leaning forward and keeping his back down will create pressure on his right shoulder and complete the lock.

Techniques demonstrated by Gene Simco and Bob Burlingame. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:16 PDT 2002.

BJJ.ORG

Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Armbar from Knees Plus Knee Lock from Armbar

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael steps his right foot diagonally in front of his opponent's right knee.



2. Michael sits down by turning his left foot inward while pulling his opponent's head down.



3. Michael makes sure to sit his body perpendicular to his opponent. Michael's right shin then slides up across his opponent's chest.



4. After placing the left leg over his opponent's face, Michael squeezes his knees together, pulls his heels into his butt and applies the armbar.



5. If the opponent is able to pull his arm free as Michael attempts to apply the armbar...



6. Michael drops his right knee between his opponent's legs while holding onto the leg with his right arm.



7. Michael then rotates his body to the right so that his stomach is facing his opponent's knee.



8. Keeping his knees squeezed tight, Michael hugs his opponent's leg flat against his body and arches - applying the knee lock.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:10 PDT 2002.

Clock choke escape

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Bruno Fernandes

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:19:52 PDT 2002.

BJJ.ORG

*Last updated 06/27/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Back attack

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***

Video: [AVI](#) [468K] of the technique.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



You are on your opponent
(opp) back and you want to
put the hooks to submit him.



With your right hand
dominate his right wrist with
your hands-palm turned
down.



Pull the wrist next to his stomach and at the same time with your left hand under his left arm make another grip on his wrist. Now you will have both hands holding his right wrist.



Just another angle/view of the last step.



After pulling his wrist next to his stomach. Move your right elbow and shoulder up to make some room to put your knee.



Put your knee (at the same side of the dominated arm) between your opp's leg and arm and throw your weight on your opp's shoulder. Be careful not to throw all your weight on his shoulder because he can escape your attack doing a somersault and/or throwing you to his front.



Note that you will not have done the hook, the hooks will be done only when you could turn your opponent up. Roll back making him turn his stomach up and do the hook with the leg opposite to the side of the arm you are dominating



Keep holding the arm and make the other hook going to the submission. A back choke is a good pick.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:27:53 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Relógio Choke

(clock choke)

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Marcos Meirelles

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Your opponent (Marcos) is "turtled" and you have his back to you. Your right knee should be placed between your opponent's left elbow and left knee. Your chest should be on your opponent's back, placing your bodyweight on him for control. Place your left hand under your opponent's neck and get a deep grip (as deep as possible) on his right collar, thumb inside. With your right hand, reach over your opponent's back, and under his arm, and secure a grip on



his left collar. Notice that Cláudio is using his left foot for leverage to create even more pressure on his opponent's back. Make sure that your left forearm is snug against your opponent's neck or head. Begin walking around to the front of your opponents, and slightly rolling your body to your left as you walk. Make sure that you place all of your body weight on the nape of your opponent's neck, to keep him controlled, and add pressure to the technique.

You should walk around your opponent until his left shoulder is behind you, as if you are going to sit on his shoulder. Be



sure to keep your body weight on the nape of his neck. By the time you reach this point, your opponent should be tapping. If not, he will be sleeping soon.



Here is a close up detail photo of the proper grip for the classic relógio choke.

The following sequence shows the version of the relógio choke that Wallid Ismail used on Royce Gracie.

When Wallid got Royce's back, and Royce was turtled, he established his base and put his weight on Royce. With his right hand, he reached over Royce's back and secured a grip on his right sleeve near the wrist. With his left



hand, he reached under or in front of Royce's neck and secured a grip on his right collar. In this instance, Wallid also had one hook in to aid in controlling his position. It is very helpful if you can get this hook in. Wallid also used his right foot to add to the pressure he was forcing onto Royce's back.

Here is where Royce made his biggest mistake. He turned away from the choke at this point. The correct move would be to turn **into** the choke. Wallid then switched his base by stepping back, keeping his weight on Royce's back, and pulling Royce towards himself, while spreading Royce's right arm away from him. This causes Royce to fall to





his side, and breaks down his base.

In the final step, to apply the pressure, Wallid rolled slightly to his left, and brings his right arm to the other side of Royce's head. He maintains the pressure towards Royce with the left foot, while rolling. This pushes Royce's head to the right, while pulling his collar to the left, and completing the choke.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 20:25:00 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Submission Grappling

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Gene "Aranha" Simco.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Submission Grappling



I was really happy to have my friend Rob around to help me demonstrate this technique. Rob was around 240 pounds at the time of this photo shoot and I was about 185 pounds. The reason I'm happy about the weight difference is this: it gives me the opportunity to demonstrate how this move does not involve as much strength as you think.

1. I find myself in the choke, I then look up, looking up takes a lot of pressure off the front of my neck.

2. I then place my left hand over his back and my right arm under his leg. It is important to note my base and posture. I am pretty straight



and looking up, my knees are bent and my base is wide. The fact that his arm is over my back puts weight over my shoulders and makes him easier to lift.



3. The lift is only temporary, I turn and lift simultaneously, I had to hold it for longer in the picture than you will in real life.



4. I land in a solid side control position.

Techniques demonstrated by Gene Simco and Rob Constance. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:49 PDT 2002.



Last updated 06/14/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Single-leg counter - omoplata

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Cesar Gracie***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. Starting from the stand up.



2. Opponent goes for a single leg with his head on the inside and his left arm wrapped around your right leg.



3. Apply a wizard (your right arm hooks his left arm and shuck him as you turn to your left). Your opponent will go to his knees.



4. Make sure to sprawl your right leg back as you shuck. Keep your left leg up. Assuming he still has the hold, look to see if his left arm is still deeply wrapped around your leg. If not, this is not the proper time for this move.



5. Take your right arm and secure his elbow. It's important that you face the same direction as your opponent is facing.





6. Roll over your right shoulder and shoot your right leg through his hold.



7. With a somewhat straight leg, apply pressure and push your opponents shoulder to the mat as you come out of the roll. Use your right arm to secure his back so he can't roll out.



8. Bend your right leg and put your left leg behind you as if kneeling with it. Make sure your shin is almost flat on the ground.



9. Sit up by rolling on your right shin and pushing with your left foot. Hug his arm to keep the hold tight.



Ankle pick

A Technique from Brazilian Jiu-Jitsu By BJJ.Org Featured Contributor Cesar Gracie

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description

Alternate-angle photo

Click on any image to expand it to full size.



1. Barry, on the left, squares up against Jake, on the right.



2. Barry shoots in for a takedown. Jake sprawls and uses his weight to force Barry to the ground.



3. Jake puts his right arm across Barry's face and uses it to secure Barry's right arm.





4. Jake now locks his hands together. Notice how Jake is still working off of the sprawl.



5. Jake will now dip his head down towards Barry's left side. This will give Jake the option to roll Barry and will add strength to the hold.



6. Barry stands up to try to get away from the hold.



7. Jake will use his left hand to "pick" Barry's left ankle. It's important that Jake keep driving forward and down while attacking Barry's left ankle.





8. After the takedown you should pull up on your opponents left leg as this will keep him from going back up to his knees again.



This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:56:25 PDT 2002.

BJJ.ORG

Last updated 11/03/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Hook-n-Sweep Takedown

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Romero "Jacaré" Cavalcanti.

These techniques should only be practiced with the supervision of an experienced instructor.

Practicing the moves incorrectly could result in serious bodily injury or death.

Hook-n-Sweep Takedown



Beginning in the standing position, Rodrigo Medeiros, on the left, has control of his opponent, Jacare. Rodrigo is tightly holding the collar of Jacare with his arm on top and outside. Rodrigo has pulled his own arm down and in to secure Jacare.



Rodrigo uses his free hand to prevent Jacare from grabbing with his other hand by blocking at his wrist.



Reverse view of the standing position with Rodrigo blocking Jacare's free hand. Rodrigo's other hand is holding the collar of Jacare with his arm on top and outside of Jacare's. Rodrigo has his own arm pulled down and into himself.



Rodrigo then takes a side-step in with his front leg.



With the step in, Rodrigo hooks Jacare's leg.



As Rodrigo positioned the hook, Jacare began to take a step back*. Rodrigo proceeds to grab Jacare's other leg at the ankle.

*Jacare could have left his foot in place and the move would have worked the same.



Keeping Jacare's collar secure, Rodrigo continues to move forward sweeping Jacare's ankle. At the same time, Rodrigo is pulling Jacare down with the collar.



Once down with Jacare's collar still in hand, Rodrigo has scored two points and can now proceed to pass the guard.

This information was originally published on www.alliancebjj.com, and is reproduced on BJJ.Org with express permission. Downloaded on Wed Jun 26 18:36:00 PDT 2002.

BJJ.ORG

*Last updated 06/26/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Air triangle choke (no gi)

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Márcio "Pé-de-Pano" Cruz

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:46:42 PDT 2002.

BJJ.ORG

*Last updated 06/27/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Take down

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Marcio Feitosa

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:14:44 PDT 2002.

Last updated 06/27/02

[Webmaster](#)

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

BJJ.ORG

Sweep with kimura

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Luis Kabelinho

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:25:38 PDT 2002.

BJJ.ORG

*Last updated 06/27/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Take down (no gi)

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Rigan Machado

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ. Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:23:54 PDT 2002.

Guillotine choke

*A Technique from Brazilian Jiu-Jitsu
Courtesy Gracie Barra and Carlos Gracie Jr.*

Instructor: Alexandre Soca

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*





This information was originally published on www.graciebarra.com.br, and is reproduced on BJJ.Org with the express permission of Gracie Barra and Carlos Gracie Jr. Page downloaded on Thu Jun 27 18:17:54 PDT 2002.

BJJ.ORG

*Last updated 06/27/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Nhb - Takedown

Cinturada com Braço

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta

 Video: [AVI](#) [372K] of the technique. 

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The position starts with both fighters standing up one in front of the other.



Dominate quickly your opponent wrist with the same hand of your opp's arm.



Do another quick move to dominate with your other hand (crossed arm) your opp elbow (now your thumb will be up) stepping to the front of your opp.



After dominating and being close to your opp, release the grips and hold your opp over his arm (that was dominated) and at the same time you will put your leg behind your opp left leg doing a hook (see picture) . This will help you to throw him down.



Hold your opponent with your arms strongly and throw your shoulder down and at the same time use the hook to throw him down easily.



You will hit the ground in his half-guard or on the guard. Throw your hips down balancing your body. In this position you can hit your opp and also pass his guard.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 22:30:26 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)

Click to Pay
fully refundable

Saulo Ribeiro's Best Takedown

Ippon Seoi

A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta

 Video: [AVI](#) [556K] of the technique. 

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Start the position with both grips normal (Judo Grip) with one hand doing a grip on the sleeve and the other on the collar. Note that the grips are not crossed.



Release the grip that was on the collar and loosen your opponent's GI (put the GI out of the belt) on the same side that you are doing the sleeve grip. This will allow you that you do the best grip to execute the position.



The sleeve grip with the help of the other grip, will be transferred to the collar under your opponents arm (note that this grip you will only be able to do if you do what is written on Photo 2) with your thumb turned inside (see photo). The other hand will be free and away from your opponent's hands, avoiding that the opponent do any grip on the free hand. So , you must make your opponent walk (in judo is very important that you get the right time to execute the moves) to make him get imbalanced, when you feel he is imbalanced proceed to the nex step. Note : You must practice very hard this part of the position because if you can't make your opponents get imbalanced you will not be able to throw him down.



Now when you feel that your adversary is imbalanced you will turn your hips inside and centered on your adversary hips and with that you will use the collar under the arm grip to help push the elbow of your opponent out and making it easy to your free arm to enter below your opponents arm (see photo).



With your hips well centralized keep turning your hips and turn your head out (to the other side) and push up your arm that is below your opponent's arm, incline your body to the front and flex lightly your knees.



Keep turning your hips out and now you will be able to pull your opponents arm with your arm that is below his arm (see Photo). Keep leaning your body to the front and down. You will probably throw your opponent and he must fall down in front of you.



Dominate his head with your arm under his head and dominate his leg putting the other arm under his knee. (see photo). Adjust the immobilization.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:37:42 PDT 2002.

BJJ.ORG

Last updated 06/29/02
[Webmaster](#)

Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted

Hi

Donations to BJJ.Org are appreciated!

amazon honor system [Learn more.](#)



Counter to Opponent's Underhook Finishing with Knee Bar

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Rick McCoy sand Gary Miles

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Gary Miles (in the blue shorts) moves in on Rick McCoy (in the green shorts) and under hooks trying to gain control setting up for a takedown.



As soon as Rick feels Gary underhook, he steps to the outside with his left leg, and feeds his right arm (the one that Gary underhooked) through to the inside (front of Gary's chest). The name for this position is the "whizzer".

Rick immediately steps with his



right leg into the inside between Gary's legs. Rick will "kick up" or "reap" with this leg to add leverage to his throw.



Rick rolls taking his head to the inside



between Gary's legs, as he rolls he will use his inside leg to "kick" up to add momentum to his roll forcing Gary to roll over his trapped shoulder and landing on his back.



As Rick rolls taking Gary down, he makes sure that he traps Gary's leg and holds it throughout the takedown, so



that he has control when Gary lands. Rick traps the calf tight against his chest with his left arm and to gain the submission, he extends his hips applying pressure to the knee for the knee bar.



This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 18:19:10 PDT 2002.

BJJ.ORG

*Last updated 10/11/02
[Webmaster](#)*

*Donations to BJJ.Org
via Amazon or
PayPal gratefully
accepted*

Counter to Takedown into Submission

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Luis "Sucuri" Tognio

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Several popular take downs begin with your opponent trapping and lifting your leg.



One way to get the leg, is to pull their gi lapel forcing them to step forward and you just do an ankle pick. (pictured on left)

Another way is from the down position - you slide your hips in close to their leg, hook their leg with your inside leg and do a technical stand up bringing the leg with your leg as you stand (Pictured on right)



2: Billy moves forward to trap Sucuri's leg. He hooks the leg with his right leg and wraps his left arm around Sucuri's leg. Billy can secure this grip by grabbing his own gi - or by grabbing Sucuri's gi tails or belt.

3: Billy does a technical stand up and brings Sucuri's leg



up tight to his body. To start the counter - Sucuri immediately presses on Billy's head.

4: As Sucuri presses Billy's head away - he circles his leg to the outside and hooks his foot into Billy's hip. Your leg is much stronger than his hand so he will not be



able to hold your leg strong enough to prevent this. Anytime they have your leg lifted in this manner - the most important thing for you to do is to get your leg to the outside of his hip.

5: Once your leg is to the outside - there will be an opening under his arm to feed your arm



through.
Sucuri
feeds his
right arm
under Billy's
left arm
and then
grabs his
left wrist
which is
pushing
Billy's head.



6: Once you
have a
secure grip
on the arm
and are
controlling
the head -
'kick' your
leg
backwards
to free your
leg.



7: When Sucuri gets his leg free - he takes his left hand and grabs Billy's left wrist.



8: Sucuri then figure four's his hands to control Billy's arm. Make sure the grip is very secure and his arm is pulled in tight to you.



9: Next - Sucuri steps forward with his left leg and brings his shin into Billy's hip - or for BEST results bring your FOOT into the hip as you sit back to the floor. The foot in the hip will press him away from you so that you have room to bring your left leg over and so that you can prevent him from just coming down into your guard. You also want to keep his arm "stuffed" so that the wrist will end up trapped

between
your legs
below your
hips.



10: Sucuri
takes his
left leg over
Billy's
shoulder
keeping
Billy's left
arm
trapped.



11: Sucuri
then figure
fours his
legs and
pulls his
right heel
towards the
ground to
tighten the
pressure,
as he pulls
his left arm
free and
grips palm
to palm
with his
right hand
for the
submission.

Takedown to Achilles Lock

*A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net*

Instructor: Daniel Moraes and Joe Hurst

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Daniel Moraes (in black) and Joe Hurst (in red) start from the stand up in the basic position.



Daniel presses his head against Joe's chest to hold him back as he reaches down to grab behind Joe's left thigh.

Daniel immediately sits to the floor placing his hips directly underneath Joe's hips. Daniel takes both



of his legs between Joe's legs and hooks high with his left foot. Daniel is controlling Joe's left leg with his right hand, and controlling Joe's right arm using his left hand.

Daniel immediately wraps his right leg around the outside of Joe's trapped leg and places his heel in Joe's left hip. Daniel figure fours his hands around Joe's left leg. Daniel's right arm



wraps from the outside underneath Joe's lower leg below the calf muscle, and grips his left forearm with his left hand hooked over the top of Joe's shin for a secure "figure four" grip on Joe's leg.



For the submission, Daniel extends his body by taking his shoulders back and bridging his hips. This is a very painful lock as seen by the expression of pain on Joe's face as he taps.